

News

Five years later, victim seeks justice in unsolved case • **3**

Arts & Culture

Haunted house prepares to scare • **18**

Sports

Pandas and Bears set to take on Pronghorns this weekend • **19**

October 1st, 2014 ■ Issue No. 9 ■ Volume 105

THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA

Me trying to do my English 350 Book Biography: I have no fucking idea how to do this research

ECHA has so many beautiful women! Walking through the building always makes my day! Sincerely, observant engineer!

Dear diary. Today I've lost you somewhere on campus. That's why I'm writing to 3lf.

Tonight... All dreams come true... Oh, wait, that was yesterday!

What I don't understand is why this guy has stood me up TWICE when he suggested we go for a drink in the first place? If he doesn't actually want to, that's fine. I just wish he would tell me.

More women needed in Tuesday Beginner Salsa class (5-6 p.m.)!

Love the misc appearances of food trucks on campus!

Feels like I'm wearing nothing at all... nothing at all... nothing at all!

There is only one kind of dance: the Robot. And the Robo Boogie. Oh, yes. Two kinds of dances.

Instead of reading so many books about the SS, have some SEX.

Why do people who always tell you they are happy seem bitter and angry instead?

Me, Ratt, a Kamikaze burger & a cheap beer. Life is good.

Indira is leaving. Her apathy and total lack of any backbone will be greatly missed.

I knew a man who taught English Lit and liked to eat shaving cream.

People who talk on their cell phones in public washrooms are assholes.

It all returns to nothing, it all comes tumbling down, tumbling down, tumbling down,

salty fingers
crisply snapping
the drunk boyfriend on my window

Buttery nipple:
1 part butterscotch schnapps
1 part Irish cream, shake with ice

I love weather and coffee

OMG LIKE LET'S GO GET PSLs FROM STARBYS!!! OMG LET'S GO TO RATT AFTER OUR MIDTERM TOGETHER! OMG LET'S GO SHOPPING ON WHYTE!! #BASICBITCHES

I do not understand the Term Legally Drunk. If it's legal what's the problem?

ROCK ME
SEXY
JESUS

Paola hates fall. Because it's too damn cold. Tia says: but you're from Mexico.

eating at Subway helped me reduce my bone density

Has anybody actually read the Riot Act? I can't find this in the Law library anywhere.

Come here, my dear. Have no fear, Shrek is near.

Got something to say?

@threelinesfree

Yuppies are just hipsters with money

UAlberta Style on Campus is pretty much fashion streeters on Facebook

my favourite type of chips is chip flavoured

THE **gateway**
visit us at GTWY.CA

Wednesday, October 1, 2014
Volume 105 Issue No. 9

Published since November 21, 1910
Circulation 8,000
ISSN 0845-356X

Suite 3-04
Students' Union Building
University of Alberta
Edmonton, Alberta
T6G 2J7

Telephone 780.492.5168
Fax 780.492.6665
Ad Inquiries 780.492.6700
Email gateway@gateway.ualberta.ca

editorial staff

EDITOR-IN-CHIEF Andrea Ross
eic@gateway.ualberta.ca | 492.5168

MANAGING EDITOR Kate Black
managing@gateway.ualberta.ca | 492.6654

ONLINE EDITOR Kevin Schenk
online@gateway.ualberta.ca | 492.6652

NEWS EDITOR Richard Catangay-Liew
news@gateway.ualberta.ca | 492.7308

OPINION EDITOR “Young” Andrew Jeffrey
opinion@gateway.ualberta.ca | 492.6661

ARTS & CULTURE EDITOR Kieran Chrysler
arts@gateway.ualberta.ca | 492.7052

SPORTS EDITOR Cameron Lewis
sports@gateway.ualberta.ca | 492.6652

MULTIMEDIA EDITOR Shannon Kovalsky
multimedia@gateway.ualberta.ca

PHOTO EDITOR Christina Varvis
photo@gateway.ualberta.ca | 492.6648

DESIGN & PRODUCTION EDITOR Jessica Hong
production@gateway.ualberta.ca | 492.6663

business staff

BUSINESS MANAGER Ryan Bromsgrove
biz@gateway.ualberta.ca | 492.6700

GRAPHIC DESIGNER Vikki Wiercinski
design@gateway.ualberta.ca | 492.6647

WEBMASTER Alex Shevchenko
webmaster@gateway.ualberta.ca

CIRCULATION PALS
Jordan Ching & Alex Hoy
circulation@gateway.ualberta.ca



The Gateway is published by the Gateway Student Journalism Society (GSJS), a student-run, autonomous, apolitical not-for-profit organization, operated in accordance with the Societies Act of Alberta.

The Gateway is proud to be a founding member of the Canadian University Press.



complaints

Comments, concerns or complaints about *The Gateway's* content or operations should be first sent to the Editor-in-Chief at the address above. If the Editor-in-Chief is unable to resolve a complaint, it may be taken to the Gateway Student Journalism Society's Board of Directors; beyond that, appeal is to the non-partisan Society OmbudsBoard. The chairs of the Board of Directors and the OmbudsBoard can be reached at the address above.

copyright

All materials appearing in *The Gateway* bear copyright of their creator(s) and may not be used without written consent.

disclaimers

Opinions expressed in the pages of *The Gateway* are expressly those of the author and do not necessarily reflect those of *The Gateway* or the Gateway Student Journalism Society.

Additionally, the opinions expressed in advertisements appearing in *The Gateway* are those of the advertisers and not *The Gateway* nor the Gateway Student Journalism Society unless explicitly stated.

The Gateway periodically adjusts its circulation between 7,000 to 10,000 printed copies based on market fluctuations and other determining factors.

colophon

The Gateway is created using Macintosh computers and HP Scanjet flatbed scanners. Adobe InDesign is used for layout. Adobe Illustrator is used for vector images, while Adobe Photoshop is used for raster images. Adobe Acrobat is used to create PDF files which are burned directly to plates to be mounted on the printing press. Text is set in a variety of sizes, styles, and weights of Fairplex, Utopia, Proxima Nova Extra Condensed, and T'isa. *The Manitoban* is *The Gateway's* sister paper, and we love her dearly, though “not in that way.” *The Gateway's* game of choice is continuity.

contributors

Collins Maina, James Davison, Kate McInnes, Nathan Fung, Danielle Carlson, Emily Piro, Alexander Cook, Sophie Pinkoski, Corinne Riedel, Alana Willerton, Taylor Bergert, Nikhil Shah, Stefano Jun, Chris Borger, Lulu Wang, Derek Schultz, Jimmy Nguyen, Nelson Nolan, Shakiba Azima, Oumar Salifou, Parker Ali, Sylvia Wong, Lisa Szabo, Andrew Hawryluk, Peggy Jankovic, Willow Austin, Randy Savoie, AmirAli Sharifi, Lara Kmech, Zach Borutski, Julia Long, Adam Pinkoski

news haiku

This one's for Shandi
Good luck in the future, pal!
We'll miss you a lot



PHOTO OF THE WEEK Lens hood resembling a clock.

RANDY SAVOIE

streeters

COMPILED AND PHOTOGRAPHED BY **James Davison + Collins Maina**

As you may have heard, exam season is approaching.

WE ASKED...

What do you do to relax?



Kenni Hamb BUSINESS I

“I go to dance class every day and that just helps me unwind and it gives me something to do other than school.”



Natsuki Nakagawa ESL III

“I like drinking coffee. It's relaxing.”

Chanel Kimber BUSINESS I

“So much Netflix. Binge eating ... I want to say yoga but that's maybe like once a month.”



Kelly Montford GRADUATE STUDIES IV

“Yoga, I guess. Exercise, walks, go to the mountains and go hiking. And a glass of wine.”

```
$.function() {  
  var a = “Print won’t be around in 5 years.\n”;  
  var b = “But the internet will.\n”;  
  var c = “Write blogs, write code, write for Online.\n”;  
  var d = “Email online@gateway.ualberta.ca to find out more.\n”;  
  
  alert(a + b + c + d);  
});
```

gateway ONLINE

EMAIL ONLINE@GATEWAY.UALBERTA.CA
TO FIND OUT MORE

News

News Editor
Richard Catangay-Liew

Email
news@gateway.ualberta.ca

Phone
780.492.7308

Twitter
@RichardCLiew

Volunteer
News meetings every Monday at 3pm in SUB 3-04

Five years later, victim seeks justice in unsolved case

Andrea Ross
EDITOR-IN-CHIEF ■ @_ROSSANDREA

From his wheelchair at University LRT station, Shane Tebby watches students pass by every day on their way to classes he will never be able to attend.

If he wasn't almost beaten to death five years ago, he might very well be joining them, working toward his dream of becoming a scientist.

Tebby was beaten the night of August 19, 2009 after being followed by a group of men from a 7-Eleven on 122 Avenue and 97 Street. The then 26-year-old was left face-down on the street, unconscious.

■ **“It’s one of those investigations that is just ongoing and hopefully something comes up in the future.”**

CONST. MIKE ZACHARUK
EDMONTON POLICE SERVICE

He was in a coma in the hospital for six months. When he awoke from the coma in a vegetative state, the doctor told his family he wasn't expected to live longer than a year. But he feebly lifted his arm as if to say “hold on,” his sister, Jessica Lennie said.

“It was really shocking when I saw him,” Lennie said. “We were really close, but things like this ... it’s amazing what it can do to your family.”

Tebby is now paralyzed and has great difficulty speaking, but he



UNSOLVED INVESTIGATION Shane Tebby plays his harmonica in the University LRT station.

CHRISTINA VARVIS

ventures to the University of Alberta a few times a week to play his harmonica and earn some extra money. A red binder labelled “Shane Tebby’s story” lies in front of him. He said he wants to raise awareness for brain injury victims while seeking justice for his own attack, which remains unsolved.

Sometimes he just enjoys watching students go about their days.

“I love that,” he said about why he chooses to regularly visit the campus. “Learning is important. Very important.”

Const. Mike Zacharuk of the Edmonton Police Service was an investigator in Tebby’s case in 2009. Despite efforts to generate more information that could lead to help with the investigation, no one from the public has come forward with

tips that could lead to an arrest, and the investigation remains ongoing.

The only people known to be involved were the two people who called the police after finding Tebby laying on the ground, he added.

“It is definitely an unfortunate circumstance,” he said. “It’s one of those investigations that is just ongoing, and hopefully something comes up in the future and will

generate something so that we can have some justice served for Mr. Tebby.”

Valerie Tebby last spoke to police about her son’s attack three-and-a-half years ago. She’s worked tirelessly on the case and on raising awareness for brain injuries ever since, she added. As his primary caregiver, she struggles with a lack of financial help from the government.

■ **“We were really close, but things like this ... it’s amazing what it can do to your family.”**

JESSICA LENNIE
SHANE TEBBY’S SISTER

But his condition has improved over the years. Despite being told after the attack that he would never talk or walk again, his speaking has become more clear. He can also walk with a walker, or by holding on to his mother.

And despite his daily difficulties, Valerie said she just wants to set her son up for success.

“Watching somebody that I care so much about going through this, it really sends my heart out to other people and other families,” she said.

The attack could have happened to anyone, she said. As a young man in his 20s, he had his whole life ahead of him.

“There’s no closure on it,” she said. “If (the attackers) can do that to Shane, they can do that to other people. People haven’t been held accountable for what they’ve done.”

Campus Food Bank dishing out more donations this year

Collins Maina
NEWS STAFF ■ @COLLINS_MANIA

The University of Alberta’s Campus Food Bank has recently seen a drastic increase in students using their services.

The non-profit organization served 173 individuals including dependents in September, a bump from the 129 individuals that visited the Food Bank in September 2013.

“We are definitely seeing an overall increase,” Campus Food Bank Executive Director Caitlin Phare said. “It’s a trend we’ve been noticing every month for the past six months or so.”

Phare said the ultimate goal of the Food Bank is to eliminate hunger on campus. The recent upward trend in the Campus Food Bank’s usage could be attributed to student financial stress, tuition increases or the U of A becoming more aware of the organization’s services, Phare said. While it might not be possible to reach every student who may be in need of their services, students should feel comfortable taking advantage of the food resources available to them in times of need, she said.

“We want to make sure that people have the knowledge and the access to resources so that they always have the options to find food,” Phare said. “We really try to encourage people (to know) that we

are here to help, and to make sure every student is working to improve themselves.”

Since its inception in 1991, the organization was the first of its kind in North America and has greatly evolved and is currently the largest it’s ever been. The organization has a key role on campus as it provides emergency food hampers which clients can collect biweekly. The food hampers are prepared based on the Canada Food Guide and provide a well-rounded nutritious package that lasts up to five days, and can be used by the client as well as up to five dependents, Phare said.

Beyond providing hampers, the Food Bank also tries to provide its clients with referrals and resources needed to help them in their individual situations. It’s a model other post-secondary schools are starting to learn from, she added.

“We’re starting to get approached by other campuses about how to build a campus food bank like ours,” Phare said.

Campus Food Bank senior volunteer Katie Hume said the organization gives information on financial aid or counselling services, which may be contributing factors related to clients’ cases.

“It’s not just a one stop shop,” Hume said. “We do try to help people as much as we can, rather than just giving them food and sending them away.”



HUNGRY FOR KNOWLEDGE, NOT FOOD The Campus Food Bank has seen a recent increase in usage.

WILLOW AUSTIN

Alongside funding from the Students’ Union and the Graduates Students’ Association, the registered charity also relies on community support to raise donations.

Their annual Trick-or-TrEAT food drive on Halloween is the largest of event held throughout the year with the goal of raising food donations. Last year’s event raised 6500 lbs of food in 2013.

The Campus Food Bank works with 90 to 110 volunteers during the school year and aim to make sure they can give back to their community in a fulfilling manner, Phare said.

Phare, who graduated from the U of A in 2011, said she identifies with the struggles of living on a low budget. The Campus Food Bank offers a useful resource to students, no matter what situation they find

themselves in.

“We want to encourage the idea that the food bank is not just for the person that is at their lowest of lows,” she said.

“We are here to make sure that every student is able to complete their degree and better their lives, and do so without having to rely on ramen noodles or Kraft Dinner every single day.”



ALUMNI ASKED & ANSWERED

with
Faaiza Ramji
'05 BCom

Current Occupation:
Entrepreneur; Owner – The Chopped Leaf;
Digital Marketing Manager - EEDC

Favourite campus memory?
I would definitely say that I miss exam time the most. Procrastinating all day, only to panic and stay up all night cramming for an exam I should've been way more prepared for sounds harrowing in retrospect, but I miss it. Spending hours and hours with your friends, whispering in the library, taking way too many breaks, the impending doom of your exam, and then the thrill of being done. It was a rush.

Favourite course or professor?
I would definitely say my B Law 301 professor, Doug Peterson, was my favourite. His lectures were interesting, his delivery was candid, and he could hold my attention better than anyone (a big challenge). The thing I remember best about him was the first class, where he used the concept of contracts to teach us how to get out of paying parking tickets.

Favourite secret make out or study spot?
I didn't discover Rutherford South until my fourth year of university. That was a great study spot! It has a weird yellow lighting that makes you feel like a vampire when you leave, but I love how old it feels.

What did you do to help you stay sane during exam time?
I just didn't worry too much. Nothing fazed me or worried me too much. I just tried to take it in stride. Everyone seemed to be in the same boat, so that was always comforting.

What impact has the U of A had on your life?
It definitely taught me that you're always part of something bigger than just you. The U of A gave me a sense of possibility; one of the biggest things I felt at the U of A is the sense of wanting to achieve great things. There is so much to strive for, being a part of this community, and if I hadn't been a part of it, I might have settled for mediocrity.

alumni.ualberta.ca/students

UNIVERSITY OF ALBERTA
ALUMNI

Go Abroad Fair picks up speed

Kate McInnes
NEWS WRITER • @KATEMCGUINEAPIG

Education Abroad's annual Go Abroad Fair at Lister Centre had a message for University of Alberta students: "The world is waiting for you."

Held Sept. 25, the fair accommodated almost 50 exhibitors ranging from international post-secondary institutions, such as the National University of Singapore and the University of Queensland in Australia, to programs at the University of Alberta, including the Faculty of Arts' Cortona Program and the Faculty of Science's South African Field School. Previously held in the Students' Union Building, the fair has gained momentum annually and expanded to Lister Centre so exhibitors outside the U of A could be featured.

Education Abroad Marketing and Communications Coordinator Amanda Martin encourages all students to go abroad while they attend the U of A.

"Our goal in the Education Abroad Program is to have 20 per cent, or one in every five University of Alberta students taking an education abroad experience while they're here," Martin said.

The U of A offers more than 300 work, study, and volunteer programs in more than 40 countries

around the world. The most popular destinations for students are Australia, New Zealand, and Germany, but Martin noted a recent trend toward Asian countries, like South Korea and Japan, and South American countries, like Brazil. The U of A initiated a new program this past summer called the e3 in Brazil. Coinciding with the World Cup, the program offered students internship placement, academic coursework, and language study.

To ensure students are travelling abroad safely, the U of A requires students to complete a mandatory pre-departure orientation, which consists of a series of interactive workshops done over eClass. Students are also required to have travel health insurance while they are out of the country.

Martin said students going abroad can expect to immerse themselves in a new culture, make friends from around the world and gain a unique academic experience by taking courses similar to those they would take at the U of A, but in a global setting.

"They should expect to have the time of their lives," Martin said. "I think every student I've spoken to just had so much fun."

The cost of these excursions may be covered, in whole or in part, by funding from the U of A, which offers more than \$500,000

in funding available to individuals participating in work or study abroad programs. Business student Sanchit Vachhar received scholarships and financial assistance from his faculty to study in Marseille, France for six months.

"I think it was probably one of the best experiences that I've had," Vachhar said. "I got to meet people from all over the world. I met people from Spain, Germany ... basically all over Europe and the UK. I've made some long-lasting friendships."

Kendra Braun, who recently studied Japanese language and culture on an exchange to the International Christian University in Mitaka City, Japan, had similar sentiments.

"Just making all these friends from all over the world while improving my language ability was absolutely fantastic," she said.

Though Braun advises students to minimize culture shock by learning about the history and the language of their host country beforehand, she said that the experience will be unforgettable and life-changing.

Vachhar agreed.

"If someone is thinking about going abroad, they should do it," he said. "It is something you would regret if you didn't do it. If you have the resources, if you are thinking about going abroad, just do it."



EXPEDITION EXHIBITION Lister Centre hosted booths encouraging students to study abroad.

KATE MCINNES

Station promotes campus wellness

Nathan Fung
NEWS WRITER • @OPINIONATEDHACK

Liberating students from the shackles of stress, the Relaxation Superstation is making its way around campus with a mission to get students and staff to sit down, relax and take time for a little TLC.

Armed with stress balls, automatic massage cushions and tea, the traveling Relaxation Superstation is one of the latest student-led initiatives from University Wellness Services to help improve campus health.

Third-year physiology student and Relaxation Superstation founder Han Lee said the mobile cart gives students and staff a chance to relax and take a breather before they go on with their day.

Along with tea, aromatherapy and massage services, Lee said the Relaxation Superstation offers something its equipment can't provide.

"We also offer something called a smile," Lee said. "Which is a little

card you can take with you and you can offer someone else a word of encouragement. And hopefully when they're strong enough they can pass it on."

When describing his philosophy towards student health and mental wellness, Lee shared an analogy coined by an enthusiastic fan of the Relaxation Superstation.

"Just continue to fill up your tank, and don't wait til you're completely de-stressed," he said. "Even if you're at 70 per cent ... just come by and rejuvenate yourself and bring yourself back to 100 per cent because that's essentially how we keep healthy."

The Relaxation Superstation was more than a year in the making with the help of a \$2,500 grant from the Wellness Project, a two-year provincially funded initiative that aims to engage the community to create a healthier campus at the U of A.

For Lee, the Relaxation Station's mission is personal as well. Drawing from his first and second year experiences, he said loneliness is

one of the biggest challenges students face.

"I want to help people ... give them tools to be able to break free the pattern of continuous loneliness," Lee said. "The Relaxation Superstation is my way of doing it. I think the Relaxation Superstation encompasses a lot of those values and also offers a great space for people to just come and chat with tea and massage."

Currently, students and staff can visit the Relaxation Superstation on Wednesdays from 11 a.m. to 3 p.m. wherever it's located on campus for the day, but Lee said he hopes to expand its services.

Lee said he eventually hopes to strengthen the station's resources and volunteer base by gaining recognition as a student service from the university.

"I want to expand these services at any time students feel stressed," Lee said. "It's not just one in five people having a hard time dealing with classes, its five out of five people that we need to care about."

New ad aims to hit the brakes on texting while driving

James Davison
NEWS STAFF • @THEJAMDIDDY

After being struck by a boat at the age of 18 and waking up in the hospital at 19, Kathy Belton has strived to halt the occurrence of preventable injuries.

Albertans between the ages of one and 44 are at the highest risk of dying from preventable injuries, something Belton, Associate Director of the ACICR at the University of Alberta's School of Public Health, hopes to change with new educational advertisements. By informing the public of the risks associated with dangerous behaviours — such as distracted driving — the ACICR aims to make sure individuals think twice before putting themselves in harm's way.

Distracted driving is a key issue to the ACICR, as it has the potential to cause catastrophic injury while being easily avoidable. The television commercials are an attempt to discretely encourage others to think again before texting while driving.

In collaboration with the Community Against Preventable Injuries, the ACICR has worked for years to bring awareness to preventable injuries after a similar campaign run in British Columbia produced promising results.

Belton said communication technology has become an integral part of people's lives and takes minds away from immediate safety.

"These ads are really to get people to stop and think about the behaviors that they're exhibiting, or the risks that they're taking in their ordinary lives," Belton said. "We're not saying 'don't use the technology,' we're just saying be smart about it, and have a word with yourself."

The biggest obstacle in changing the public's idea of preventable injuries is convincing people they're at risk, she said. Most individu-



DISTRACTED DRIVING New educational advertisements attempt to get drivers to keep their eyes off the phone and on the road.

AMIR ALI SHARIFI

als find themselves assuming they won't become a victim of — or be responsible for — accidents, simply because they're so rare in everyday lives.

"We all take those little chances, because we don't think it's going to happen to us," Belton said. "I am living proof that yes — injuries happen to people every day."

"I suffered a severe injury when I was 18, so I think it's really getting people to realize it's not always the other person."

Belton was paralyzed on the right side of her body after colliding with a boat, and said while she wants people to understand everyone is at risk for injury, there is a great deal of hardship for everyone involved.

"(The injury) was devastating to me, it was devastating to my family, it was devastating to my friends, it was devastating to the person who was responsible for the injury. (He) had to deal with the fact that he has now done this," Belton said. "Nobody seems to see the grey area that

people are living with these catastrophic injuries."

Many victims of preventable injuries are affected for the rest of their lives take years to recover and might require lifestyle or career changes to ensure they can remain independent and self-sustaining individuals.

Belton said she believes if more people practice safe behaviour, it could help nullify distracted driving. She added that she hopes texting and driving will reach the same

level of awareness as the effects of smoking.

"(Texting) is a commonplace activity," Belton said. "If you think about smoking, it wasn't until later where we got to that point where, now smokers are kind of shunned, and they have to go outside, and they have to be away from doorways."

"I think eventually we'll get there, that texting and driving, talking on your phone, will be not done and not socially accepted."

Vitamin D-ficiency could be related to anxiety and depression

James Davison
NEWS STAFF • @THEJAMDIDDY

With winter around the corner, many students may find themselves with their noses buried in books as opposed to buried in flowers outside in the sun.

Sunlight causes the human body to manufacture vitamin D, an essential nutrient that assists in strengthening bones. But now it appears vitamin D may also combat feelings of depression and anxiety. New research from the University of Alberta's School of Public Health has shown that exposure to a reasonable amount of sunlight may have a positive effect on one's quality of life.

Paul Veugelers, a professor at the School of Public Health, said many people's lifestyles don't fulfill their vitamin D needs. Human bodies have likely developed from prehistoric times to use the sun as a source of vitamin D, something that's become harder to take advantage of in today's world.

"Man would run outside, make more than enough vitamin D, no problem," Veugelers said. "As a professor, I expect students to spend all their spare time studying away and generally they do that inside, so no exposure to sunshine."

In his most recent research project, Veugelers monitored the quality of life of about 1,500 people over the age of 50 who sought counselling and received vitamin D supplementation as a part of their wellness regimen. Those participating in the study took blood tests that evaluated



SOOTHING SUNSHINE A U of A study suggests you should be spending more time outdoors to improve quality of life.

CHRISTINA VARVIS

vitamin D levels. They were then asked to complete a questionnaire regarding their personal mobility, self-care, everyday activities, pain or discomfort and anxiety and depression. Anxiety and depression are prevalent issues in this age group and vitamin D was shown to reduce them, Veugelers said. He added the study's findings could be translated

to other age groups, including students.

Dietary vitamin D, from foods such as fish, likely isn't enough to have an effect, Veugelers said, though efforts are being made to add it to more foods like milk and margarine. Instead, he suggests supplementing the diet with vitamin D pills and increased — but

responsible — exposure to the sun.

Vitamin D is most crucial to the strengthening and development of bones as it assists in the uptake of calcium during digestion. Calcium is critical to the body's operation, and if levels drop too low, the body will turn to the bones as a new source. This may not be of concern to young people, but with age the maintenance of

calcium in bones can be an issue.

Osteoporosis Canada states one in three women and one in five men will experience a bone fracture due to the deterioration of bones, something vitamin D can help avoid.

■ **"I expect students to spend all their spare time studying away and generally, they do that inside."**

PAUL VEUGELERS
PROFESSOR, SCHOOL OF PUBLIC HEALTH

Despite Veugelers findings, research into vitamin D's role in mental health is still up for discussion, with many scientists still actively debating its true significance. Veugelers, who called the vitamin D field "intriguing because there's so much controversy," said he hopes his research establishes a baseline where further, more specific analysis can be made.

"There are studies that are able to figure that out whether it's a placebo effect or not," he said. "Some people say 'yes it is,' other people say no. There's true merit to it and the study I did suggested that too."

As for students who are looking to put a little spring in their step, Veugelers said simple lifestyle changes are enough to help.

"A healthy diet that includes vitamin D and sun exposure helps you perform better," he said. "That relationship is established."

Opinion

Opinion Editor
Andrew Jeffrey

Email
opinion@gateway.ualberta.ca

Phone
780.492.6661

Twitter
@andrew_jeffrey

Volunteer
Opinion contributor meetings in 3-04 SUB every Wednesday at 3 p.m.

EDITORIAL COMMENT

CRTC, lay off Netflix

ONE OF THE GIANTS AND FIGUREHEAD AGENCIES OF CANADIAN broadcasting is increasingly showing signs of irrelevance as a newer, more globalized company thumbs its nose at the regulations.

This could sound terribly alarming for Canadians worried about the survival of homegrown cultural providers who could be crushed by a larger, more powerful global entity. But the reality is that the success of an American company like Netflix, even while finding a way to sidestep Canadian broadcast regulations, could be a good thing for Canadian artists.

During a two-week hearing held by the Canadian Radio-television and Telecommunications Commission (CRTC) on the future of television regulation, dubbed “TalkTV,” representatives from Netflix were asked to attend and answer questions about the development of their business. But, Netflix representatives refused to disclose confidential information about the number of Canadian subscribers to their service and its spending on Canadian content.

They’re well within their rights to do this. The service is naturally hesitant to release sensitive financial information to a third party, and as Netflix Director of Company Policy Corie Wright stated in a letter to the CRTC, the agency’s orders “are not applicable to Netflix under Canadian broadcasting law.” Video-on-demand services don’t fit neatly under any already established Canadian broadcast laws, meaning they have no responsibility to abide by current Canadian regulations.

The CRTC itself is a public organization dedicated to regulating broadcasting and telecommunications activities in Canada. Its concern is to protect and promote Canadian content and Canadian artists. It’s because of the CRTC that when you’re watching an American program on an American channel, it’s replaced by the feed from a Canadian network showing the same program. Or why broadcast distributors in Canada prioritize offering Canadian networks instead of American ones.

These regulations exist to protect Canadian culture that would hypothetically otherwise have no way of competing with better financed and more successful American networks. But Netflix and other video-on-demand services shouldn’t be forced to unnecessarily follow the same rules, and they may actually be better equipped to promote Canadian cultural offerings than the networks already regulated by the CRTC.

For independent Canadian filmmakers or TV shows struggling to find an audience, the ability to find viewers via a service that allows their product to be watched at any time is naturally going to be more effective to increase viewership than filling a network’s timeslot once a week so that a network can reach its quota of original Canadian content.

Agencies like the CRTC have been around for decades, and this particular organization was first created in 1976. But after decades of work, TV programs and films developed north of the border still struggle to build as large of an audience in Canada as their American counterparts. The top 10 highest rated regularly scheduled TV programs in Canada last year included eight American shows and just two Canadian ones: Hockey Night in Canada and The Amazing Race Canada, a local spinoff of an already established foreign product. The highest-rated TV events were two American broadcasts, the Super Bowl and Academy Awards, outpacing the third place CFL Grey Cup by nearly two million viewers.

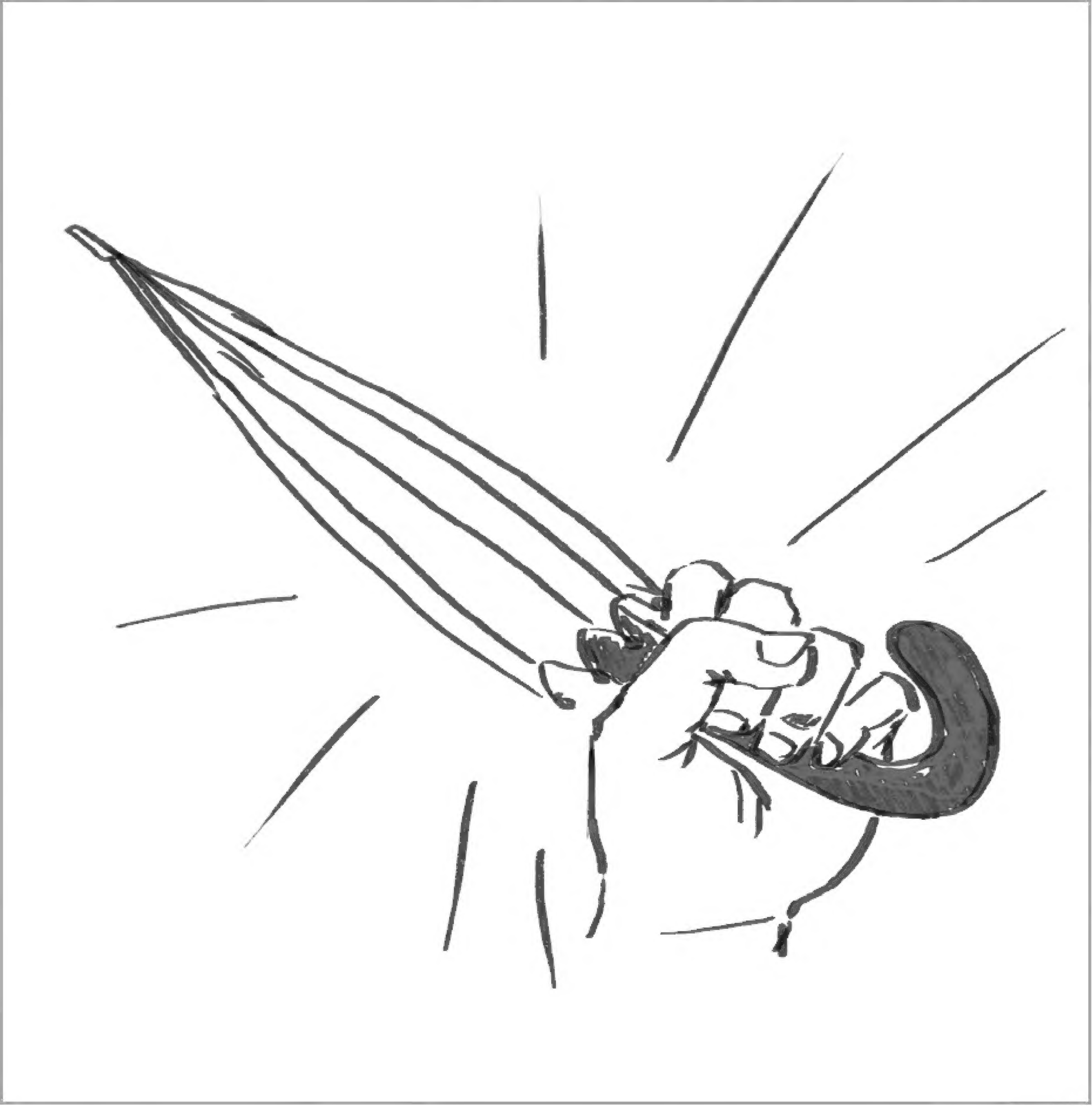
If the CRTC’s attempts to promote Canadian content are so that homegrown programs can find as much of an audience as their American counterparts, then the regulations clearly aren’t working. So there’s little reason for Canadian viewers or artists to really be much concerned with the cultural protectionism of the CRTC when the agency’s current work involves outdated requirements on networks that factor less and less into Canadians’ viewing habits.

A night in with nothing to do for a lot of Canadians is as likely to end in scrolling through Netflix for something new to watch as it is channel surfing between the CTV, CBC and Global. Canadian content is already supported by video-on-demand services like Netflix, and they don’t need any quotas forced upon them to make this their goal. If a film or TV show is available on Netflix and good enough to garner strong reviews, then it will inevitably find an audience.

What’s most important to take away from this very public example of how unimportant the CRTC is becoming is how unnecessary its methods of promoting Canadian culture are now. Whether the Canadian government finds a way to impose regulations upon video-on-demand providers or not won’t affect how successful Canadian content is. Forcing Netflix to water down its content with programs it wouldn’t otherwise offer just because they’re Canadian, doesn’t mean those offerings will actually be watched. After all, these requirements aren’t even doing much to help original Canadian content thrive on network TV compared to more successful American programs.

If stronger Canadian content is more easily accessible to the public on video-on-demand services, naturally this can only be good for Canadian artists. But the imposition of archaic regulations forced on a service like Netflix isn’t necessarily of any real benefit for Canadian artists searching for an audience. And the success of an American company avoiding Canadian government regulations shouldn’t be seen as a defeat of any real consequence at the expense of national content.

Andrew Jeffrey
OPINION EDITOR



JESSICA HONG

letters to the editor

FROM THE WEB A more tip-worthy service

Re: “Editorial: Show some respect to service people to get respect in return,” by Richard Catangay-Liew, *The Gateway*, Sept. 24, 2014.

I work in childcare (a service industry) for nearly minimum wage and no one tips me despite caring for their children for eight hours a day. Why is carrying food around a more important job (and thus justifies being tipped) than aiding in 15 children’s emotional and physical development, not to mention supporting those children when they’re hurt, angry, sad, or feeling left out?

Orange
VIA WEB

Bears kickin’ it gold school

Re: “Infographic: Football — Golden Bears vs. Regina Rams,” by Kevin Schenk, *The Gateway*, Sept. 23, 2014.

Bears on a tear!

“Daaa Bearssss”
VIA WEB

Video gaming that matters

Re: “Super Smash Bros. tournament aims to boost autism awareness,” by Richard Catangay-Liew, *The Gateway*, Sept. 22, 2014.

Thank you for writing and posting this article! I am not only a Super

Smash Bros. fan, I am a man who works daily with kids with special needs and more importantly a dad who loves his son with autism so much that he built a small gaming company just for things like what you’re doing! Keep up the good work and let me know if you need anything. I would love to help!

James Sang Lee
ISKA WORLD CHAMPION
POWDER KEG GAMES
VIA WEB

Pursue your betterment

Re: “Arts education for fun and for profit,” by Jeffrey Schulman, *The Varsity*, reprinted in *The Gateway*, Sept. 10, 2014.

I guess most favour practical experience than be a slave to student loans to aid higher education. Quoting Jim Rohn, “Formal education will make you a living; self-education will make you a fortune.”

Tom Salem
VIA WEB

Planes are actually so high

Re: “420 comics,” by Cameron Lewis, *The Gateway*, Sept. 3, 2014.

Hahahaahah, its funny. Nice.

Komik Manga
VIA WEB

FROM THE ARCHIVES Self-driven is not selfish

To the Editor:

“Reflections,” in eight paragraphs, seems to be lamenting this fact: People act as a result of their own drives. Having newly discovered this truth, he immediately panics, and sets to raving, “Oh no! No love, no altruism! I’m alone! Nobody really cares for me!”

Would he have people acting on the drives of others? Even if I were to wait on the inner urges of my neighbour, before I could act, I would still find it necessary to call forth my own desire to act on his drive. [...]

Although we act upon our own drives, I don’t believe that the expression or carrying out of these drives is necessarily in self-interest. Granted, we derive satisfaction from fulfilling our desires (we are thus biologically constituted) but they can be fulfilled in the interests of others. Example: You are leaving home, and will never see your family again. Why do you prevent your two-year-old sister from running in front of a truck? No one else sees the potential accident. The driver is unconscious.

Bill Baergen
OCT. 16, 1959, *THE GATEWAY*

Send your letters of 350 words or fewer to letters@gateway.ualberta.ca with your name, program and year. The Gateway edits for length and clarity, and rejects racist, sexist, libelous, or otherwise hateful letters. The Gateway may publish letters online.

Everyone should be a feminist

With many discriminatory ideas still widely held in our society, the work isn't over



Shakiba Azima
OPINION WRITER

Earlier this month, Emma Watson delivered her address about women's rights at the UN headquarters in New York. Her plea for gender equality was met with a thunderous standing ovation — and later, to no one's surprise, tons of hate mail. This, of course, is because, as she has put it, feminists' "expressions are seen as too strong, too aggressive, isolating, anti-men and unattractive." However, this is not the case. In fact, I would argue that everyone should be a feminist.

The feminist movement didn't start with our beloved Harry Potter girl, nor did it start in the 1960s, when protesters set their bras on fire in New York's Central Park. Activism for gender equality occurred much longer ago. Feminism is commonly split into three waves, and its history began, for the most part, with the women's suffrage movement pioneered by key figures like Elizabeth Cady Stanton. In fact, it wasn't until the Second Wave that the term "feminism" entered North American lexicon, along with many of its current negative associations.

Man-hating. Fat. Hairy. Lesbian. These are just some of the words that the general public uses to describe feminists. And while some feminists identify as lesbian and others don't have freshly shaved legs every single minute of every day, using these hasty generalizations to dismiss the ideologies that feminism stands for is wrong. Feminism is, of course, more complicated than a single pithy article can cover, but in simplest terms, it

is about the equality of genders — whether politically, economically or socially.

The truth of the matter is that feminists aren't as scary as our generation has painted them to be. But if you're afraid of holding the door for fear of insulting a feminist, here's a crash course that will show you that feminism is, indeed, for everyone.

As Emma Watson made clear in her UN address, feminism is about women, men and every gender in between. Feminism means breaking down social norms, so that boys will no longer have the pressure of proving their arbitrarily defined 'masculinity.'

Feminism does not equal misandry — misandrists are the ones who hate men, not feminists. Feminists, as a collective, hate patriarchy and the system of oppression upheld by some men (and some women) — a system that privileges men and requires us all to adhere to typical, binary gender roles. Such a patriarchy might have made sense a thousand years ago, when physical strength — an inherently male attribute — was among the most important for survival, but the world has evolved. And the truth of the fact is, such a system no longer makes sense. Feminists don't hate men, just those who go in and out of their way to perpetuate this patriarchy.

Feminism is about choice. It

would be a little hypocritical if feminism prescribed whether you could be traditionally feminine or any other gender. There's no rule prohibiting a feminist from putting on a pair of heels because she wants to, and many men are feminists too. If you wonder how a man can be a feminist — three words: Joseph Gordon Levitt. Feminism welcomes diversity.

Now, many argue that, with the introduction of women's suffrage and increasing numbers of girls enrolling in our Engineering faculties, there is no longer a need for feminism. Yet if we look around, we'll see that there are significantly fewer women as you climb the income ladder, and women continue to be paid less than men for the same work. There is still a long way to go.

And don't be mistaken, feminism doesn't only look to liberate women. As Emma Watson made clear in her UN address, feminism is about women, men and every gender in between. Feminism means breaking down social norms, so that boys will no longer have the pressure of proving their arbitrarily defined 'masculinity.' No boy will be afraid of vulnerability and weakness. No teenager will be apologetic for not conforming to gender expectations.

Feminism will allow us to focus on interests, ability and hard work, rather than whether you were welcomed into the world with pink or blue balloons. It isn't about forcing men to give things up but rather questioning why a woman's success should ever be a threat to a man. It's about understanding that gender is only a small piece of the puzzle that makes us who we are. And above all, it is about equality.

So with all that in mind, how could you not be a feminist?

Let university policy do the disciplining



James Davison
OPINION STAFF

University of Alberta students can take comfort in knowing their academic lives are under the protection of a proactive and equitable system of campus justice. Operating as a public institution, the U of A is granted a great deal of power to discipline its students, but with reparation put ahead of punishment. Not all university communities handle indirect transgressions so well though.

At this level of education, schoolyard fights are a thing of the past and unruly behaviour in class is almost unheard of. With this new level of academic responsibility however, come newer, more subtle, offences. Plagiarism and academic integrity are household names in the field of campus rules, but there are more discrete offences that many are likely to witness in their time as students.

The impact of harassment or offensive speech has only lately become appreciated. Students at Carleton University were recently lambasted for wearing articles of clothing with the slogan "FUCK SAFE SPACE" written across them, something they say was a

misinterpreted attempt at protest.

How do we as a university community deal with issues as complicated as offensive speech, in a society where freedom of expression is so highly regarded? Very carefully, explained Deborah Eerkes, discipline officer for the U of A and director of the Office of Student Judicial Affairs.

"At what point (is) speech infringing upon someone else's rights? Where is that point where you say, 'OK, that's too far?'" Eerkes said. "If someone is harassing another person to the extent that they can no longer enjoy, you know, coming onto campus and going to classes without fear of being harassed, we have a huge problem."

Undoubtedly, it takes a great deal of consideration and weighing of facts to determine if someone is truly being offensive for the sake of being offensive. All too often, actions interpreted as threatening and harmful are actually just the result of a lack of self-awareness and forward thinking. It's crucial that as a community we come together not to effect punishment, but to inform and educate those who have offended as to the impact of their actions.

"We want people to learn from their mistakes, so we'd rather be educational than punitive if we can, but we also have to balance that with protection of whoever might be affected by this person,"

Eerkes said. "There has to be some sort of information to the (offender) that says what they're doing is harassment, and (the recipient) doesn't want it. They might not know what they're doing."

It's easy to be angry with people for making mistakes we view as socially unacceptable; we assume that they're acting maliciously, not carelessly. Case in point, students like those at Carleton were not advocating any tenet of rape culture, they simply did not recognize how far their words reached.

While the issue of sexual violence toward women is a serious one, it is important to remember that episodes such as the Carleton T-shirts and swift backlash serve to further the public's awareness of the issues at hand. It may be unpleasant to see offensive statements paraded around you, but to brand these perpetrators as evil is wrong, and naive. Some people at Carleton were too quick to condemn, which is why policies like those at the U of A are crucial.

Here at the U of A, the process of issuing disciplinary actions is a fair and just one. Matters of harassment need to be dealt with by the professionals whose job it is, rather than overly zealous individuals inciting online witch-hunts, as was the case in Carleton. We need to be made aware of issues such as offensive speech, but not to the extent that we form a lynch mob.



UPCOMING EVENTS



HOCKEY

VS

Lethbridge

Friday - 7pm

Banner Raising

Legacy Night

First 300 in the door get a free t-shirt

Saturday - 6pm

Clare Drake Arena



FOOTBALL

VS

Manitoba

Saturday - 5pm

Foote Field



UofA students get in FREE to all conference home games with a valid ONECard.

For advanced tickets and information call

(780) 492-BEAR

OR (780) 451-8000

www.bears.ualberta.ca



@bearsandpandas

Planned ‘Brewery District’ more like brewery destruct



Nelson Nolan
OPINION WRITER

As a boy, from any radius I could see the rotating Molson clock turn time. It was a symbol of the cityscape, a calling to eat dinner, to run around a little longer or that yes, there would be one more episode of *Seinfeld* on if I made it home in five minutes. The smell of hops, akin to rotten cornflakes, perforated the nostrils, a scent that cannot be observed at the site today where brewing has ceased. The hops-filled legacy left behind by the building that sits staunchly on the sunset strip of 104 Avenue may soon be eclipsed by a namesake nothing like it.

The Molson Brewery on 104 Avenue operated from 1913 to 2007. Designed by Bernard Barthel, a celebrated Chicago architect from Germany who was inspired by the Gothic beer castles of his home country, the now skeletal brick pane of the brewery is no longer protected by decorative logs that were supposed to portray a fur trade fort facade. After much dilapidation, the city and the province are currently in negotiations with the owner to have the tower portion of the Molson Brewery building designated a protected historic structure, which would guide any future restoration and work the developer considers.

What might reveal more about our present city is the type of development that will replace the area around the brewery. Its location could have made it the apex of



HISTORIC STRUCTURE All but the tower portion of the old Molson Brewery building on 104 Avenue will soon make way for development.

CHRISTINA VARVIS

a lively juncture at 121 Street NW. Instead, its potential is wasted on a Master Plan that will turn it into little more than a continuation of the big box development of Oliver Square and create a space for more car use. It is a retail and residential low-density development that will lag on legacy, despite taking on the essence of the place’s history, calling itself the “Brewery District.”

Mayor Don Iveson had at one point put forward a motion to redraft bylaws guaranteeing an LRT-friendly development, but withdrew that motion when Councillor Karen Leibovici argued it would be unfair to the developer. The current plan essentially creates a strip mall on stilts to sell to franchises.

It seems especially contrary to the Edmonton Municipal Development Plan (MDP), which sits on the City Council’s shelf like a yellowing copy of *Great Expectations*.

Included in the MDP are outlines for “Complete, Healthy and Livable Communities” and “Integrated Land Use and Transportation” that endorse a walkable, transit-oriented development, which this site as currently planned does not incorporate. The buildings face inward on a parking lot, creating a district to drive through, despite there being a new LRT line going down 104 Avenue. Being car-oriented with a massive parking lot, most of the access will be for cars and the area may see much traffic congestion.

The development struggles to maximize possibilities for brownfield and infill development framed in city policies, lacking both density and pedestrian connections to the surrounding area.

In general, the project reveals the lack of consideration toward maintaining an environment for people in the greater area to live in. By “people” I mean the bi-pedal beings that use everything in their physical environment, but must play *Frogger* to cross super-highway constructs, or peek-a-boo in the parking lot to avoid cars.

What did these “people” have to say about the development in Oliver? Chris vander Hoek with the community league said, “We’re

fairly concerned that the original buildings are not being respected and what the proposal is to essentially demolish most of the building and keep a thin veneer of the brick on the exterior to the west and the north side.”

They don’t like how much parking the designs involve, preferring a denser, more pedestrian-friendly design. What seems like a missed opportunity by the City Council in accepting the first proposal for the site and a disappointment for locals who have to live there will soon become reality. Hopefully, this brewery destruct won’t create a burden of history for the generations to come, but rather a sense of nostalgia for a missing place.

Love of God

We can argue that the existence of pain and suffering and of evil, suggests that God does not exist, but we cannot deny that we each have a conscience which tells good from bad. If then we are interested in understanding pain and suffering or what evil means, we should pay more attention to the choices we make. Our thoughts, what we do and what we fail to do, all matter. Choices affect not only our lives but the lives of others. With a closer scrutiny we may not be entirely satisfied with who we are and we may desire transformation to a person we can be proud of. One way to start is by repeating the following words:

“God if you exist, come into my heart and clean it. Teach me to love you and to love my neighbor as myself. I am sorry for the bad things I have done and the bad thoughts I have had about others, please forgive me and please help those that my actions and my words have brought pain to. I promise to pay attention to what I do, minute by minute, hour by hour.”

If we are serious about a change of direction, then we should be prepared to set aside time daily to pray and we need to put our faith into action.

“You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.”

www.loveofgod.ca

your fund your future

The Legislative Assembly of Alberta’s Standing Committee on the Alberta Heritage Savings Trust Fund will meet with Albertans to discuss the status of the Fund.

COMMITTEES
OF THE LEGISLATIVE ASSEMBLY

Public Meeting

Thursday, October 9,
starting at 4:30 p.m.

Lister Centre, University of Alberta
11613-87 Avenue, Edmonton

Attend in person, watch the live broadcast
on Shaw TV or follow the webcast

committees@assembly.ab.ca | 780.427.1348 (toll-free dial 310.0000)

Note: This is a public meeting that will be broadcast live, recorded and photographed.



#abheritagefund

assembly.ab.ca/committees/abheritagetrustfund



JESSICA HONG

Instead of a statue of our outgoing university president



**Opinion
Staff**

GROUP COMMENTARY

With the search for the next university president in full swing, speculation abounds about how to commemorate this transition, in light of the woman who made her name raking in cash for post-secondary — and disposing of it.

Oumar Salifou

Recently, rumours have been spread in our university's most credible source (UAlberta Confessions) about a proposed statue of Indira Samarasekera. Even though there hasn't been and likely won't be confirmation, here's my suggestion: instead of cementing our departing president's ego on campus, cement a playground in quad.

Just think of it: swings, slides, sand and all constructed in an adult-friendly manner. Even though there's been an outcry of criticism on unnecessary expenses and rising salaries by our school, I'm sure all these student problems can simply be solved by gracing campus with a new park fixture. Students have stress from exams and classes constantly over their heads — now there's no need to

worry because grounders is a proven way of relieving stress.

As for Indira's legacy of historically high tuition increases and mass spending on "renovations," these issues won't be addressed by the park, but it's a better start than the suggested statue.

Parker Ali

A mere larger-than-life statue is nowhere near enough of an homage to the president who put the U of A back on track. We owe so much more than a statue to commemorate the golden age of Indira. I instead propose a shift in the university way of life, a change in the way we think, the way we live. Adoption of the dogma of Indira Samarasekera is the only true path to acknowledging her achievements, coming to terms with her departure, and ultimately reaching a state of enlightenment and bliss.

Relatively superficial steps to aid in this process can be taken. All logos associated with U of A buildings, clothing, and letterhead should now be replaced with true to life oil paintings of Indira. The gauche and outdated university motto of Quaecumque Vera (Latin for the pretentious "whatever things are true") should be replaced with the stylish and in-touch "Indira We Trust." Murals of Indira would become mandatory in each

classroom and lecture hall. Secret squads of "Indira Police" would ensure only positive publication and idle chit chat about Indira is allowed to propagate. This is what utopia looks like.

Sylvia Wong

We need more than a statue to honour our dear ol' president. Since us lowly students can only admire our grandiose queen from afar, we should devote every inch of this campus to prove our love, since it's her last term ("teary eyes).

We can start by making "The Indira" haircut a trend, like "The Rachel." Let's all hit up our local Supercuts and get those sensational bad boys. Once we increase our similarity meter by a couple per cent, our next step is to boost our campus's aesthetics with the face of Indira (most likely in sticker form, enhanced with the help of a hot glue gun). From posters, tiles, sofas, William Lau's glasses, you name it. Our Queen Bee's face will be everywhere, because who would ever want to forget her, right?

You might think I'm crazy, but if we grasp her attention, we may be able to become biffles (best friends for life) and visit her \$930,000 home to see some of those renovations. Let's make sure the legacy of this president, which includes tuition increases, doesn't get disregarded!

Oh, and incoming president? Don't get too cosy, because HRH Indira will always have her throne. We'll miss you Indira, and don't forget to get lots of sleep, OK?

Lisa Szabo

I guess we could spend U of A cash immortalizing a public figure, but why not commemorate someone who's spent a little less time being scrutinized by the media? Picture this: You stroll into quad on a fresh spring day when suddenly your eye is drawn to the shimmering, dew-covered — portion — of a solid gold and ass-naked Kanye West, with arms outstretched like Jesus.

OK, so I doubt Indira ever called out any physically disabled fans for being unable to stand during a state of the university address, and she probably hasn't publicly humiliated the winner of any awards by interrupting their thank-you speech with "Yo Taylor, I'm really happy for you, and I'ma let you finish but..." and, sure, I guess she doesn't degrade every single person who criticizes her in an all-caps blog post as "A FUCKIN WHINEY ASS BABY." But the university paid for her house, or something, and in the eyes of a student there is no crime more heinous than the improper allocation of university funds.

All those in favour of Kanye, say — "George Bush doesn't care about black people."

Shandi Shiach

Being pretty new to this campus, I'm in the boat with so many students who know very little about the incredibly public figure who's steered this vessel as university president since July 2005. I've heard great ideas for what the university could spend money on besides an Indira statue, especially once we established we weren't talking about Ghandi.

If the next president doesn't take over Indira Samarasekera's status as the highest earning university president in Canada, U of A could spend some of that annual \$529,000 on scholarships and program enhancement. Or, one student had the stroke of brilliance that we could construct an Indira shrine, complete with magic 8-ball, so we may still benefit from her wisdom in the new president's term. We could populate it with Indira quotes and ask it things like whether to take a \$13,000 political trip to China on university dime. I can see it now. "Indira 8-Ball, should we raise tuition?" Shake, shake shake. "People will find reasons to criticize me whichever way I do it."

Maybe we should immortalize her in bronze after all though. It could create jobs for underfunded arts students, and I hear another publication once printed a statement from Samarasekera referencing the year 2104, which makes her a time traveller!

No beers for what seemed like years: new Dewey's table service fails



**Andrew
Hawryluk**

OPINION WRITER

"Is this place run by puritans? Who do we get beer from here?" These were the words of my fuming friend, leaning over his pool cue with eyes raging and veins throbbing.

Things have changed at Dewey's Lounge on campus — notably, that winding bar lineup of tongue-wagging youth up for an afternoon pint has been replaced with inadequate table service. The easy transactions of years past are gone. We used to

wait patiently (or not-so patiently) to get what we wanted, when we wanted. Now, all customers who approach the bar are prompted to head back to their seat and await their server.

Dewey's had wrinkles in its operational style before; now, the problems have just migrated, harming those on the front line.

By the end of spring this year, Dewey's management concluded that, due to mounting technical issues for staff, their aging point-of-sale system needed replacement. With approval by Students' Union Vice-President of Operations and Finance Cory Hodgson and the Dewey's general manager, Dewey's acquired a new system and three

iPads, paid for by the Students' Union. Operations Manager of Bars Monique Vulic claimed that by processing orders directly from each table, the new service would better handle rush hours after classes with flexible staff, eliminate the long and frustrating lineups, and allow better screening of photo ID. The new system is "subscription-based with no fixed-term contract and no upfront cost," Vulic said. Free isn't always a good thing, however.

Since August, Dewey's has handled all orders with laggy, difficult-to-use iPads on an untested point-of-sale system.

When I tried to get service at the bar after a particularly long table wait, I was told to go back

and wait for my server, only to see a great wall of frothy-golden pints amassed in front of me, then sit watching their head disappear and crisp temperatures rise: the neglected lunches of the hungry many in that joint who by this hour refused solids and made a go-for-broke university mid-day rejection of the Canada Food Guide.

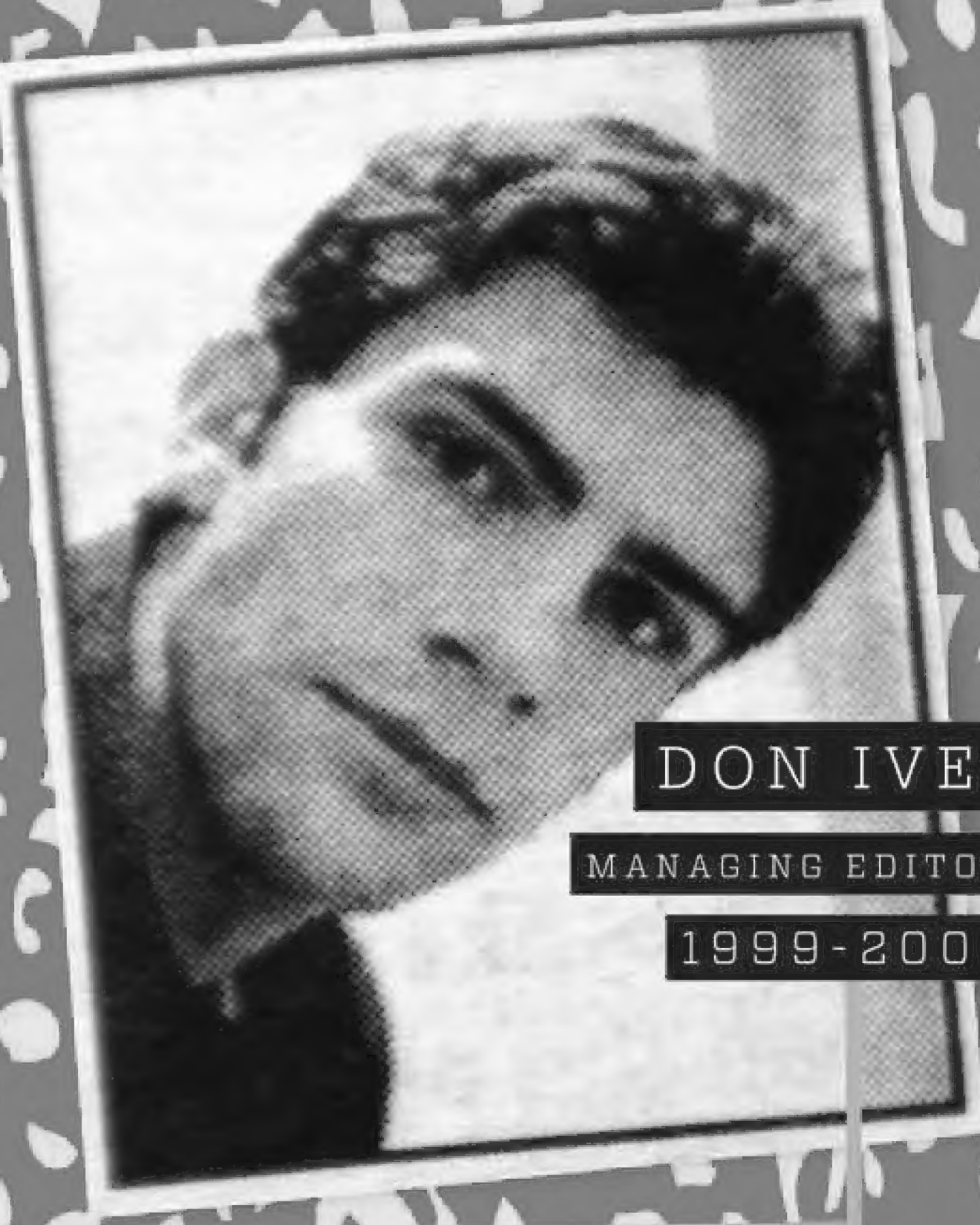
I had good patience that afternoon, but after a 20-minute wait, I slung back to the bar for half-a-dozen bottles of Kokanee — stocking up was a necessary task. The bartender played the No Service card, but a server ducked into the fridge behind them, and I was off in less than two minutes.

We broke the rules. Why wait 40

minutes for a beer? If your server seems rushed, it's because they're being pushed to the limit. Change is always hard, but when servers have to scurry about with an untested and ill-working digital system while understaffed, we all lose.

Their tip jar reads "We're students too," and damned if we should silently protest poor service and a new system on these righteous folk. I tipped my server 50 per cent and heard him whisper, "Well... that'll make up for everyone who didn't tip today..." with a slightly less defeated expression.

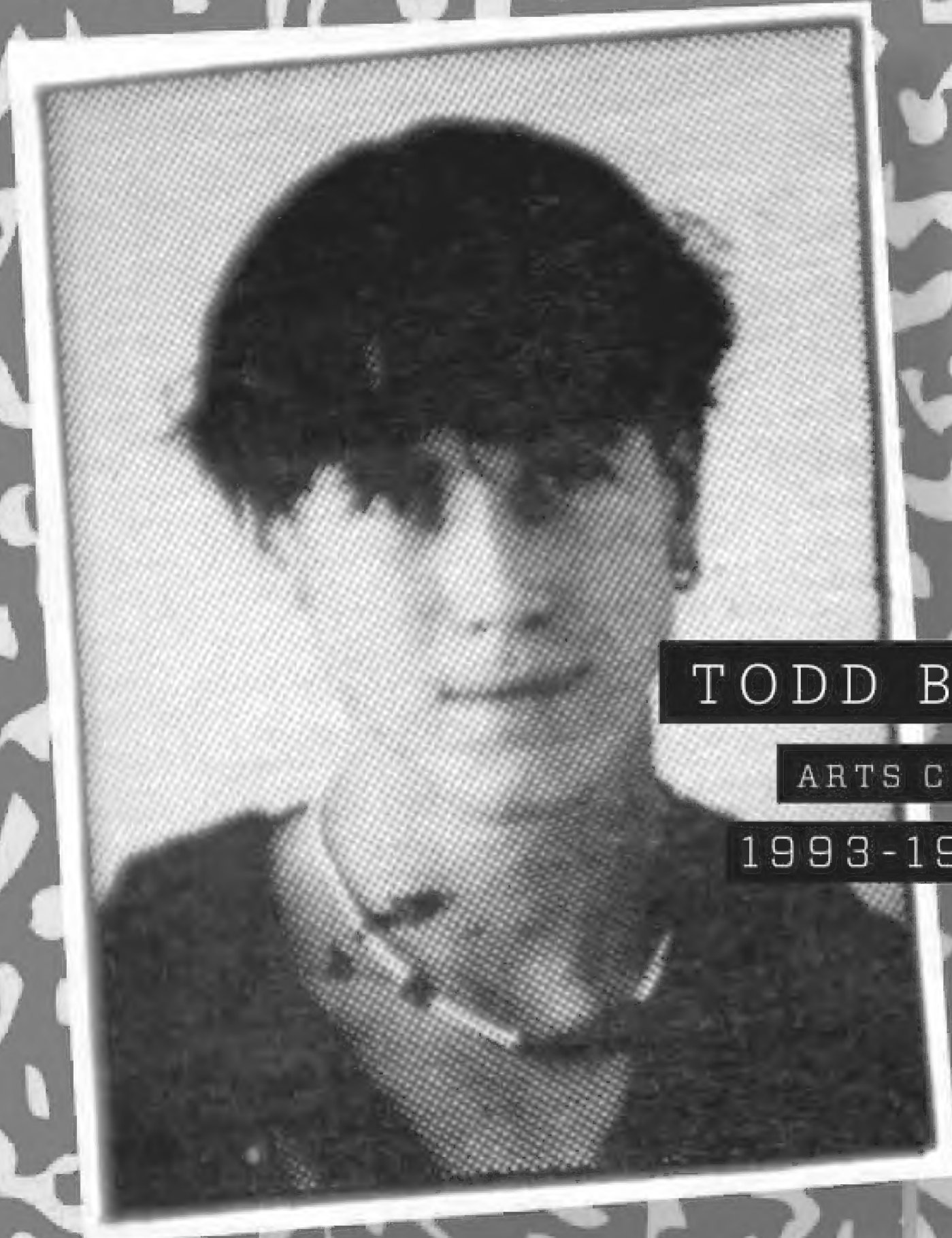
Dewey's, you don't have the layout or staff to support full table service. Take this burden off your servers and customers.



DON IVESON
MANAGING EDITOR
1999-2000



BEVERLEY MCLACHLIN
FINE ARTS EDITOR
1963-1964



TODD BABIAK
ARTS CONTRIBUTOR
1993-1994

2014
CHIEF JUSTICE
OF THE
SUPREME COURT
OF CANADA
(THE FIRST WOMAN TO HOLD
THIS GIG, NATCH)

2014
BESTSELLING
NOVELIST
(PRIZEWINNING
TO BOOT!)

THE gateway

WE'RE YOUR OFFICIAL
STUDENT NEWSPAPER
AT THE U OF A

WHO KNOWS
WHERE WE'LL
TAKE YOU.

volunteer
at the gateway

gtwy.ca/volunteer



YOU DON'T KNOW ME Anonymous sticky-note writers attempt to uplift strangers they know nothing about.

WILLOW AUSTIN

'Inspirational' sticky notes aren't



Peggy Jankovic
OPINION WRITER

It's probably happened to you. You're in a university bathroom, washing your hands, when you look up at the mirror. What's this? A sticky note? And it says "Smile! You look beautiful today!" or "Mid-terms are almost over. You can do it!" or some similar encouraging phrase along those lines. Well, I've had enough. I need to let it out. Though I understand the motivation behind posting these notes, I can't stand them. Is it the cheesiness? Is it the notion that something so generic and depersonalized could really be enough to lift my mood? Is it the fact that I sometimes just like to wallow in my misery and would rather just stubbornly embrace that?

First off, anonymous sticky-note writer, you don't know me. You have no idea whether I look beautiful today or how capable I am of exams. Your empty, cheesy encouragement means nothing to me. And, seriously, don't tell me how to feel. Beyond me just being stubborn, simply telling someone to cheer up or feel whatever way

about themselves is ineffective. It's not that easy.

Besides, we don't really need to care about whether a random sticky note tells us that we look good today. There's a mirror there. If you look fabulous, you know it. If you don't, you probably know that too, but it's not a big deal. There's a lot more to life than how you look. Wear those "stayed up too late working on homework" eye bags with pride, you dedicated student!

After briefly surveying some friends on this topic, I've found that this phenomenon is much more concentrated in women's washrooms than men's. Perhaps this is because women are socialized to be more openly emotional. These notes are an attempt to support each other in a way canonical masculinity doesn't embrace. But the prevalence of notes in women's restrooms could also reflect the fact that a woman's physical appearance is valued first and foremost, while men are permitted to be more multidimensional; success for men can mean fitting anywhere within a far wider range of ideals. So, let's move beyond the idea that telling a woman that she is beautiful can make her day and start to value women for more than how they look.

This is not to say that those renegade mood-lifters have to stop

putting sticky notes on mirrors altogether, though. I propose that their efforts are redirected somewhat to more effective forms of cheering up strangers. Why not put up jokes? Pictures of Beyoncé with Jay-Z? Quotes from Kanye West, our lord and saviour? Or, during exam periods, actual study tips instead of empty platitudes about how we're all in this together. That would actually be constructive. There are so many more ways to bring a bit of positivity into a stranger's life, and they aren't all so bland and formulaic as these empty assurances left on the sticky notes of today.

I do appreciate that Operation Beautiful, the movement that started this sticky note phenomenon, suggests putting up reminders that magazines push unrealistic, narrow ideals of beauty. I love the idea of promoting body acceptance in concrete, constructive ways. Let's ditch the platitudes and get a bit more radical.

Now, granted, my hatred of these inspirational sticky notes is probably not totally founded in reason. I've probably just grown old and bitter. Actually, I've definitely grown old and bitter. I'm not at the point where I'll tear down these notes or anything (if they really do brighten someone's day, I guess I'm fine with their existence), but I won't stop rolling my eyes about it.

the marble pedestal

ANNE MARSH

Did you know the University of Alberta has no formal journalism program, but its student-owned and run newspaper boasts national awards and is one of the largest in Canada? How cool is that? The people who make this paper happen are there because they want to be. They're passion-driven students who mix work and play, supporting each other in the self-taught creation of enticing stories, design and

images to entertain and inform.

Whether or not you've ever spent time in a newsroom, you'd find SUB 3-04 a unique experience. I've worked in a few over the past decade, and I can tell you, the team at *The Gateway* seems tailor-made for an era of rising citizen reportage blended with magazine glamour. I had the privilege of orienting myself at U of A over the past five months through the lens of *The Gateway*, and as I step out of the clubhouse, I just want more students to know what's up there waiting for them — offering friendship, skill building, portfolio padding.

Student press tends to get a lot of

flak for things like typos and triviality of topic. I say we give credit where it's due. In *The Gateway*, you'll read brain candy and profanity (or as I call it, the language of the people), but you'll also see critical thinking and engaging social commentary. Our paper is a reflection of many strengths of our campus. Good on you, *Gateway*. Keep up the growth.

The Marble Pedestal is a semi-regular series placing things high atop a beautiful, figurative marble pedestal. Observed something praiseworthy? Submit yours to opinion@gateway.ualberta.ca.

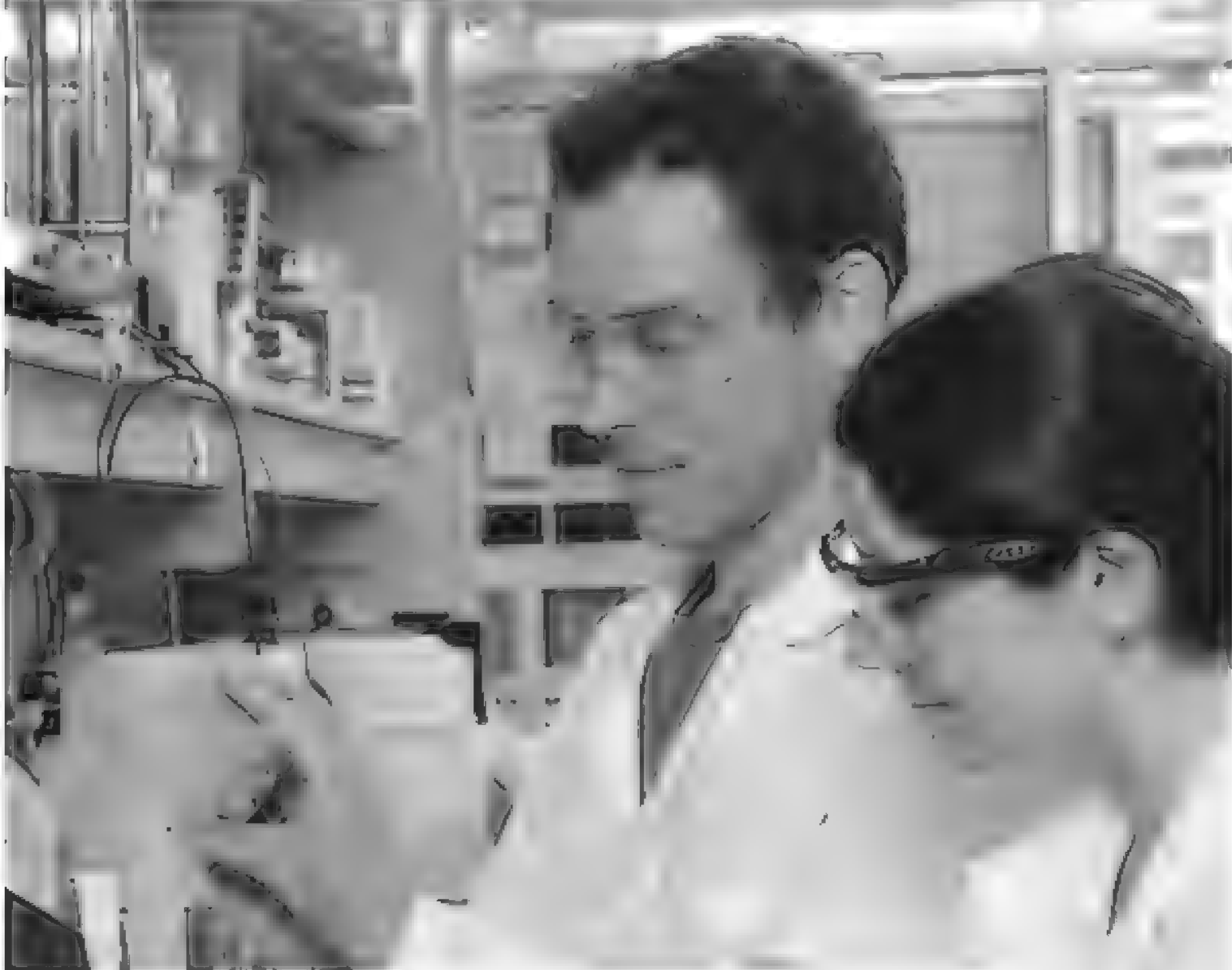




Christmas
Bureau
of Edmonton

KEEP CALM AND VOLUNTEER

Please visit our website or call for a list of available positions.
christmasbureau.ca/volunteer
 (780) 414-7682





Turn your degree into a career at Western University

Discover more about our 17 graduate programs in the clinical and basic sciences, training programs, world-renowned scientists and research excellence.

Meet us at the Grad School and Professional Expo
 Wednesday, October 8
 11:00 a.m. - 3:00 p.m.
 Student Union Building, Dinwoodie Lounge
 University of Alberta

Visit us online
schulich.uwo.ca/gradstudies

TOURING UALBERTA

WRITTEN BY Kieran Chrysler
ILLUSTRATION BY Jessica Hong

U of A North Campus was founded in 1908 by Alexander Cameron Rutherford and Henry Marshall Tory. Rutherford was the first premier of Alberta, and put forth the legislation proposing the construction of the university. 106 years, 93 buildings, and five campuses later, the university has expanded slightly since its conception. Here's a quick overview of some of the weird and wonderful stuff that has happened around here throughout the years.

Athabasca Hall (1908)
It was first building on campus and held the entire operations of the university. Classes, offices, dorms, food — everything.

Students' Union Building (1967)
When it was originally constructed, the basement held eight bowling lanes, six sheets of curling ice, and an arcade. It used to be way more fun to be a student, apparently.

Van Vliet Center (1966)
At conception, the building housed the first Faculty of Physical Education founded in the Commonwealth.

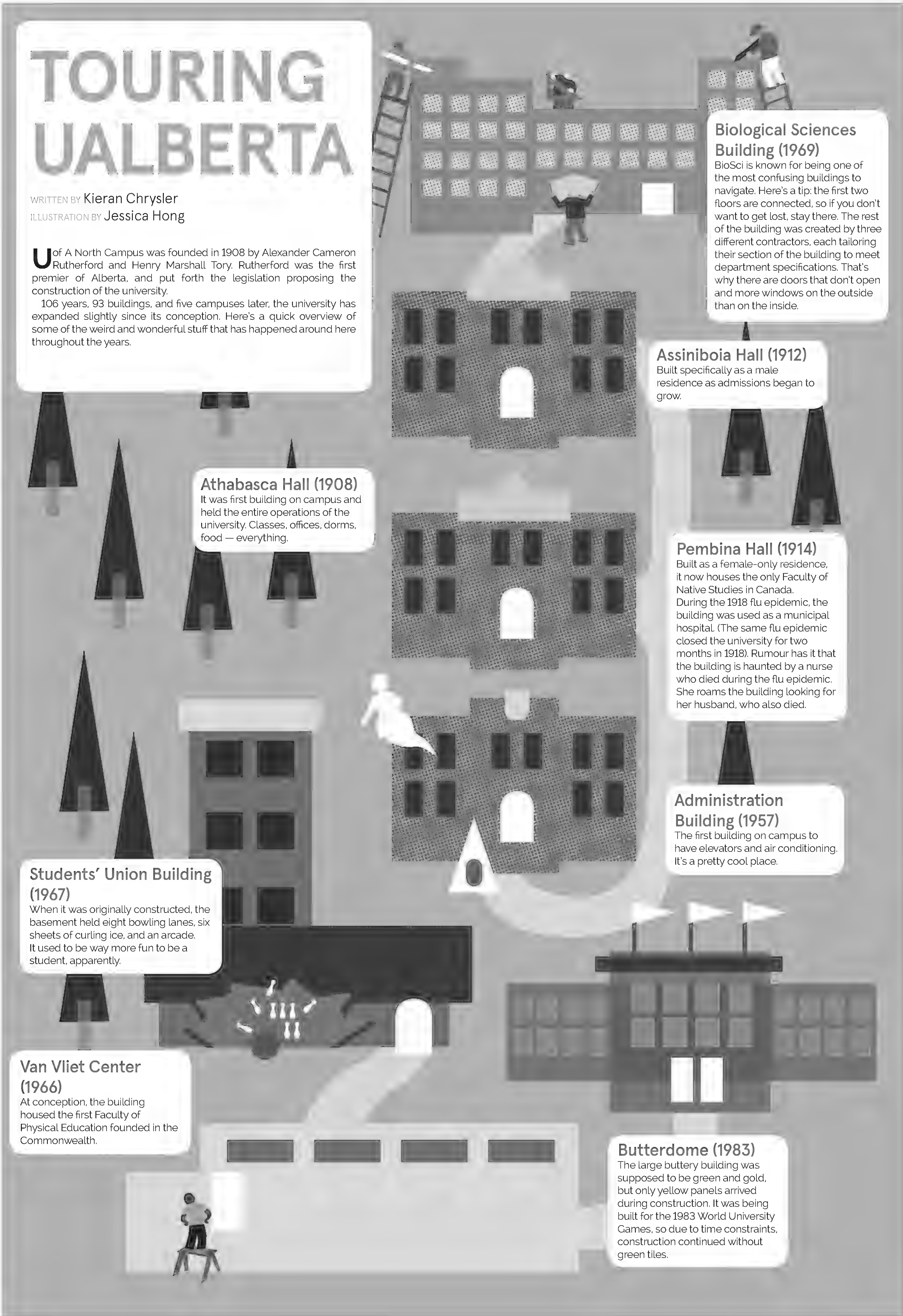
Biological Sciences Building (1969)
BioSci is known for being one of the most confusing buildings to navigate. Here's a tip: the first two floors are connected, so if you don't want to get lost, stay there. The rest of the building was created by three different contractors, each tailoring their section of the building to meet department specifications. That's why there are doors that don't open and more windows on the outside than on the inside.

Assiniboia Hall (1912)
Built specifically as a male residence as admissions began to grow.

Pembina Hall (1914)
Built as a female-only residence, it now houses the only Faculty of Native Studies in Canada. During the 1918 flu epidemic, the building was used as a municipal hospital. (The same flu epidemic closed the university for two months in 1918). Rumour has it that the building is haunted by a nurse who died during the flu epidemic. She roams the building looking for her husband, who also died.

Administration Building (1957)
The first building on campus to have elevators and air conditioning. It's a pretty cool place.

Butterdome (1983)
The large buttry building was supposed to be green and gold, but only yellow panels arrived during construction. It was being built for the 1983 World University Games, so due to time constraints, construction continued without green tiles.



FUN FACTS

- Since 1908, the University has always accepted female students, which isn't true for all universities
- The University of Alberta held the first Faculty of Education in Canada
- There is a species of plant between CCIS and BioSci. that only survives because of the shelter it gets. It should be dead, but somehow is alive in our climate.
- The Dewey's fertility statue can't leave the Power Plant, as the doors were renovated without anyone realizing they were too small for the statue to exit.
- In 1910, *The Gateway* came on the scene to inform and annoy students everywhere.
- The new female-only residence currently in construction will be the only female residence since Pembina Hall.

MYTHBUSTING

- The BioSci. mummy is no longer housed on campus.
- The Education mural does not grow one panel larger each year.
- The tunnels under the university exist, but were closed to students after multiple sexual assaults.
- The Edmonton Eskimos were not a U of A team. When the Eskimos were founded in 1949, they didn't have their own jerseys, so they borrowed jerseys from the Golden Bears. Once they got around to getting their own jerseys, the colour scheme stuck.

Convocation Hall/ Old Arts (1915)

It was the most expensive building in Alberta to be constructed at the time and the price meant the university had trouble finishing the building. Luckily, Henry Marshall Tory stepped in and helped the school pay for the roof (arguably one of the most important features). If you look near the roof on the north side of the building, you'll see the initials "H.M.T.," a nod to Tory himself for blessing the building with shelter.

There is a sundial on the south wall of the building. It was a gift from the graduating class of 1937 — once upon a time grads gave gifts to the university. The building is said to be haunted by a ghost who rocks out on the organ in Convocation Hall. He's probably bored because he was doomed to watch students graduate forever. Luckily, now he can accompany the bands that use the hall as a performance space.

Henry Marshall Tory Building (1966)

While currently holding the title for tallest building on campus, it will be ousted from its seat of glory once the new Innovation Centre for Engineering (ICE) building is finished on campus.

Business (1984)

There is a Japanese garden on the roof that can be rented out for meetings or gatherings.

Rutherford Library (South 1951) (North 1973)

When the north section of the library was constructed, Alexander Rutherford himself donated a very large number of books. Being the benevolent soul he is, he also inserted \$1 bills into the books, to be found by unsuspecting students doing research. There have been rumours of students still finding those dollar bills in books that haven't been touched in decades. Getting off the internet pays!

The Harry Potter Room was built to be identical to a room in Stanford University, not Hogwarts.

Old Power Plant (1915)

As the name suggests, it was once used as a power plant. When built, it was a generator for all of southern Edmonton, as well as housing engineering and medical labs.

It then housed the Department of Anatomy. Cadavers were kept in the basement, and they were transported by being carried up a narrow spiral staircase. Unsurprisingly, many injuries occurred while trying to transport a large linear corpse up a spiraling staircase.

Frogs were kept in a pond in the building for biology experiments, and officer training corps used the basement as a rifle range. No, they didn't use the cadavers for target practice.

South Academic Building (1953)

SAB was originally known as the Civil Engineering building. If you've ever had to pee in SAB, you will have noticed that men's and women's bathrooms alternate floors. When the building was designed, it was assumed that women wouldn't want to be engineers, so they didn't bother putting in women's bathrooms. When women started joining the faculty, they realized they should put in some bathrooms for them, and women's bathrooms were made.

Housing Union Building (1971)

It was designed to resemble a skyscraper on its side. HUB spans four city blocks, has 820 residents and 60 businesses.

During frigid Edmonton winters, 2,000 people walk through HUB every hour.

Construction began by the SU. When it was finished, they couldn't afford to run it, so they sold it to the university for a dollar.

Arts & Culture

A & C Editor
Kieran Chrysler

Phone
780.492.6661

Email
entertainment@gateway.ualberta.ca

Twitter
@chryslerrr

Volunteer
Arts meetings every Wednesday at 4pm

social intercourse

COMPILED BY Kieran Chrysler

Edmonton Corn Maze

Until Monday, Oct. 20
Tuesday – Thursdays 4 p.m., Fridays 12 p.m.,
Saturdays 10 a.m., Sundays 1 p.m.
Alberta 627 (We recommend printing a map off
their website)
\$11

It's the most wonderful time of the year. You know, the time where it's appropriate to get lost. The Edmonton Corn Maze has kicked off for the season, and has created an intricate maze that is open day and night to those hopeful enough to conquer the confusing trails. Don't worry if you're new to the corn maze scene — the maze provides clues to help point you in the right direction, so you won't be lost forever. Also featuring a haunted house and a petting zoo, the Edmonton Corn Maze holds a full day of fun. In their signature maize-y style, has unveiled their latest maze design. This year the maze is Santa-themed, as the Corn Maze has partnered with Santa's Anonymous, a charity set on getting every child a toy at Christmas. Proceeds from admission will go to the charity, so, marry two big holidays in one big confusing maze and get out there and get lost.

Hitchcock Radio Show

Wednesday, Oct. 1 — Saturday Oct. 4 at 8 p.m.,
Sunday Oct. 5 at 2 p.m.
Capitol Theatre, Fort Edmonton Park (Whitemud
Trail, Fox Drive)
Tickets \$18 advance or \$20 at the door
(fortedmontonpark.ca)

To celebrate one of the film industry "greats," a theatre group has come together to create dramatic reenactments of three of Alfred Hitchcock's films. *The Lodger*, *Sabotage* and *The 39 Steps* will be acted out as though the audience is listening to a 1940's radio broadcast. Featuring live sound effects and musical scores, the show is sure to be an exciting and spooky blast from the past.

The Landing: Launch Party

Wednesday, Oct. 1 at 7:30 p.m.
Lower Level SUB

After a busy September, The Landing, the U of A's new LGTBQQPIA+ centre is hosting a little bash for its supporters. They'll be partying in the lower level of SUB and will have dancing, music and food for attendees. The Landing itself will stay open for a quieter space during the festivities, and will be providing some snacks and games that can be enjoyed for a short break from the rowdy festivities. You might even be able to pick up a zine or two.

Loopy Lunch

Wednesday, Oct. 1 at 11 a.m.
Celebration Plaza and east bus loop

Need a break from the usual HUB fare? Loopy Lunch is back for it's second year, and is bringing a huge amount of fun new flavours to campus — in food truck form! While we sometimes have visits from one or two food trucks, Loopy Lunch will bring seven different Edmonton food trucks to campus for a mobile food-court that is sure to break up Ho Ho monotony. So swing by and bring some cash—it'll be one of your few chances to experience Pampa Food Truck or Sailin On on campus.



TAYLOR BENGERT

Doin' You: Repurposed bottles for storage

Taylor Bengert
ARTS & CULTURE WRITER

Papers pile up so quickly this time of year that sometimes it's impossible to find your calculator in the heap of syllabi and course notes. If you're looking for a little extra space, why not go vertical? This little shelf can hold anything from that pesky calculator to your year's supply of ramen noodles. It can be done on the cheap and isn't labour intensive, so have fun with it.

You'll Need:
Plywood (in desirable length)
Electric drill and flat drill bits
Identical pair of booze bottles
Decorating supplies

Step 1: Organizing Your Supplies

Host a party. Pop some bottles. Or, at the very least, acquire two matching wine or liquor bottles. The longer the neck and larger the base of the bottle, the sturdier your shelf will be. Thoroughly wash and dry the bottles to remove all stickiness. You may prefer to keep the labels, but you can also remove them for a more polished look. It really just depends on how much you wanna class up your apartment. Alternately, if you're a survivalist, you can use unopened bottles of liquor and save them as an emergency supply for when you're really poor and need to get hammered.

Step 2: Measuring

Mark with a pencil where your holes will be drilled on either side of your board. If measuring just isn't your forte, imagine the piece of plywood has an x-axis (the entire length of your board) and a y-axis (the width of your board). The hole will need to be centered along your y-axis, no matter what. To find the appropriate location along the x-axis, use the measurement of the radius of the bottom of your bottle. This way, the edge of the shelf should line up with the edges of the bottles.

Step 3: Drilling and Sanding

Drill the holes in your board using your basic electric drill and the right flat drill bit for your chosen bottle neck. A Sourpuss bottle neck fits nicely into a hole created by a 1 3/8 inch drill bit, but this size will vary depending on your bottles of choice. Remember that a tighter fit means more stability. And remember your safety gear it would still suck to lose an eye right now. Manually sand the drill holes until smooth with any common sandpaper.

Step 4: Weighing Down Your Bottles

If you're starting with empty bottles, check again to make sure they are completely dry inside. For stability's sake, they must be weighed down using some sort of heavy

filling. This is where you can get really creative! Fill the bottles with rocks, sand, or useless pennies. Feeling fancy? Pick a colour scheme and mix an increasing quantity of food colouring into batches of sugar to create a gradient. Just remember to measure out the amount of sugar you need for each layer before dyeing and assembling.

Step 5: Decorating Your Board

Decorate the board you have just drilled and sanded in whatever way you like. Strips of coloured duct tape provide a cute and whimsical look while simple black lacquer matches everything, and is relatively fuss-free. Set this piece to dry thoroughly before proceeding.

Step 6: Assembling

Slide the necks of both bottles through the different holes, and presto! One ridiculously easy shelf that can cost as little as \$10. Different lengths of wood and different types of bottles can be stacked on top of one another to your heart's content. It's the perfect opportunity to create a liquor pyramid that is so useful your parents will pass your room without commenting on your bingeing habits.

Doin' You is a semi-regular Gateway feature that helps students learn ballin' life skills without their mom's help.



the *brew* crew

WRITTEN BY James Davison

Red Racer Spiced Pumpkin Ale

Brewery: Central City Brewers+Distillers, Surrey B.C.

Available at: Sherbrooke Liquor Store (11819 St. Albert Trail)

If you're into Pumpkin Spiced Lattes to get you through the dog days of September school, then you might enjoy the Red Racer Spiced Pumpkin Ale to get you through the equally long fall nights.

Though some may confuse it with cinnamon, the watery ale tastes how a pumpkin patch smells, stirring up memories of autumnal awesomeness. Slightly bitter at first, the beer tastes better after the first few sips, once your palate has adjusted to this new dimension of barren trees and yellow leaves spreading throughout your mouth.

Sadly, the flavour, though natural, doesn't linger. As if the beer is diluted with too much water, or not enough malted barley, the



pumpkin experience is short-lived. The fleeting nature aside, the brew leaves a bitter aftertaste of hops in your mouth, which isn't always a bad thing, but does few favours here.

With other formidable beers like the Red Racer IPA or Imperial IPA, Central City leaves something to be desired in this ale. It is an ambitious choice for flavour, but undoubtedly a work in progress. Given that the beer isn't the most bubbly, perhaps a creamier texture like a stout would make for a better drink. The flavour is more dynamic than it is consistent, each sip being a three-stage trip from bitter, to pumpkin, to bitter again.

Perhaps I was enticed into drinking this particular Pumpkin Ale by the scantily clad bike-riding beauty on the label, but unlike her physique, the beer's quality was quick to escape.

Vino Bitches

WINE: Hardy's Stamp Riesling and Gewurtztraminer 2013

WRITTEN BY Corinne Riedel

When, exactly, I discovered this wine is a distant memory but I was certain that both Riesling and Gewurtztraminer in one bottle would brighten-up any wine lover's day. It's a perfect no-brainer for those shopping moments when you are brainless and melting from information overload.

This blend is way too easy to drink as it is not too sweet and not too dry. It is absolute perfume going in. It holds aromatic floral and spicy citrus notes and is juicy with pear, nectarine and lychee.

The medium-bodied, rose petal infused, lamb-of-a-wine possesses delicate tropical notes and promises a clean and crisp finish. It's juicy, wet and bright, and conjures up images of unicorns and Gummy Bears bouncing on your tongue.

Drink this responsibly with food, if you like. I suggest cheese and crackers — if you are a lover of wine, you may agree crackers and cheese is a meal. But if that doesn't suffice, I suggest having it with Thai Panang Curry. The wine's cool and fruity splash compliments creamy coconut milk and spice. The only thing that pairs better than curry is a second bottle.

I suggest putting it in a full bottle friendly glass once the bottle is open, it is gone. Besides, an open bottle doesn't keep for more than a day or two, right? Buy a case because this wine goes with everything and this is going to be a great year — not that it will last you that long. Cheers.

Price:

\$15.40

Available at:

Liquor Depot



fashion streeters

COMPILED & PHOTOGRAPHED BY Alana Willerton

Sara Obacz

SCIENCE II



GATEWAY: Describe what you're wearing.

OBACZ: My outfit is probably 75 per cent Winners, that's where I buy almost all my clothes. The stockings are from Forever 21, they're like my most favourite thing in my closet. These shoes are actually from Hawaii, and I put (the necklaces) together from Forever 21.

GATEWAY: What about winter fashion are you most looking forward to?

OBACZ: Well, definitely long socks, oversized sweaters, scarves. Love scarves.



datapp

WRITTEN BY Kate Black

Mailbox

COST: Free

PLATFORM: iPhone, Android

An email inbox clogged with unread messages is one of the many, many things that makes me anxious. Luckily, I've found an app that has turned clearing my inbox into more of a productive game, and less of a horror-inducing activity.

Mailbox is by no means a new app (it was released in December 2012), but I'm always shocked by how many people haven't yet peaced it from their phone's default mail app for this slick bad boy. Once you've experienced Mailbox, making the switch is obvious: it streamlines the

emailing experience, allowing you to manage multiple email inboxes at once with ease.

The app is designed to resemble a to-do list, and encourages you to get emails out of your inbox instead of glazing over thousands of unread messages. It allows you to get rid of every email via swiping from the main screen: you can archive, delete, "snooze" or file each email without even opening the email. The snooze function is probably my favourite, because it lets me literally push emails I don't have the strength to deal with at the moment away, without ignoring them forever and dealing with shame from people trying to contact me.

Oh yeah, you can tap the email if you actually want to open it. But, if you're like me and still haven't unsubscribed from the 30 student group email lists you

signed up for at Clubs Fair 2011, you won't be using this function that often.

Once you've "dealt with" all of your emails, the app greets you with a beautiful photo and the congratulatory phrase, "You're all done." It's honestly the best feeling in the world knowing that you don't have hundreds of ominous emails lurking in your phone, waiting to be opened.

So, do yourself a favour and get the Mailbox app. Not only will you earn the deepest respect from your peers for having a hell a clear inbox, but you'll probably add, like, 10 extra years onto your life by not staying up all night thinking about unread emails.

Dat App is a semi-regular feature that highlights the best apps available



Q: CAN WE GET MUCH HIGHER?
A: YES, IF YOU VOLUNTEER AT THE GATEWAY.

gatewayARTS AND CULTURE

VOLUNTEER MEETINGS AT 3-04 SUB AT 4PM ON WEDNESDAYS.





Weekly Modern & Jazz Dance Classes

UofA Students: \$234/year membership
Alumni or Staff: \$364/year membership
Public Members: \$416/year membership

"Fall and Spring Session Memberships Also Available."

Register in person/by phone:
Recreation Services
Activity Registration Zone - Sales Office,
Room W-79 Van Vliet Centre

Phone: 780.492.2231 or Fax: 780.492.7190

MODERN & JAZZ DANCE
CLASS | CHOREOGRAPHY | PERFORMANCE

For More Information on Orchesis, Please Visit:
www.dance.ualberta.ca



ALBUM REVIEW



Kinnie Starr
From Far Away

Aporia Records
kinniestarr.ca

Destyni Deluca
GATEWAY WRITER

From Far Away, Kinnie Starr's sixth album, reflects the diversity of her skills while exemplifying her talent for creating tracks that can be considered works of art in their own right.

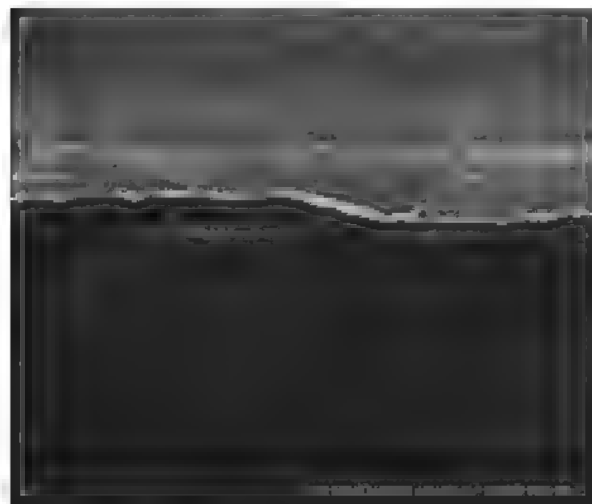
The eclectic nature of each track on the album truly makes it remarkable to listen to. The album opens with "Touch the Sky" and the breezy sounds of deceptively common acoustic guitar and Starr's own harmonic vocals, however the song is soon hijacked by Starr's signature beats. Those familiar with Starr's work can easily recognize the looped mix of drum beats, vocals and electronically synthesized sound that come together to form the blood and bones of the majority of her music. These beats carry on to become one of the only unifying characteristics of the album. By contrast a mere two songs later Starr raps in French to switch up the sound. Later in the album she uses news clips and a children's choir to implore her listeners to "Save Our

Waters."

The album's middle section gives listeners a reprieve from driven beats and showcases the softer side of Starr's repertoire. These ballads, while lighter in nature, are in no way lesser in quality to the previous up-tempo songs. In fact, the album's titular track "From Far Away" is full to the brim with aching nostalgia reflected in its faux-gramophone sound that clings to one's ear long after the song is done. "Far From Here" picks up again with "Lady in the Streets" in which Starr shows both her proficiency with the hip hop genre as well as her feminist beliefs by rapping out a poetic call to arms for ladies everywhere to take back their sexuality and ownership of both "the streets" and their bodies.

It's clear that this is neither Starr's first foray into the music business nor will it be her last. This album is a hodgepodge of Starr's stylistic calling cards that comes together to form a varied listening experience.

ALBUM REVIEW



The Rural Alberta Advantage
Mended With Gold

Paper Bag Records
theraa.cpm

Alexander Cook
GATEWAY WRITER

The newest album from The Rural Alberta Advantage, *Mended With Gold*, continues to showcase their sound with a folky western feel and a touch of alternative rock. They distinguish themselves from the rest with the way they are able to build emotion through the tracks with quicker tempos, and subtle use of electric guitar.

The record kicks off with "Our Love," which shows off their roots with acoustic guitar, but also swifter, more modern drums. The album takes a somewhat darker turn as they drift into deeper lyrics and minor keys. Their use of organ is unexpected, and it adds a different dimension to the compilation. In "Vulcan, AB," organ replaces piano as a much better underlying accompaniment for

the song. It helps to maintain a deep, serious tone, while evolving within the song into a more hopeful melody.

This new album is best for a cold, windy day, and is a good companion for days spent struggling to adapt to the fast-approaching winter. Songs like "On The Rocks" satisfy the contempt for the weather, while others like "Not Love or Death" fuel the desire to just take the colder months head on.

Mended With Gold is a well-thought-out album with a solid track listing and a palpable story the listener can easily follow. The Rural Alberta Advantage inspires a sense of hope with their new album, and shows that just a little gold can mend anything.

ALBUM REVIEW



Mapei
Hey Hey

Downtown Records
mapeiofficial.com

Emily Piro
GATEWAY WRITER

Mapei's *Hey Hey*'s Swedish and American styles creates a cutting-edge sound that is sure to be playing at your local H&M soon.

Mapei uses percussion and rap to keep her sound distinctive. The opening track, "Don't Wait" is Mapei's most successful single since its release in 2013, and it's clear why. The track has a catchy backbeat with easy-to-sing-along-to lyrics, succeeding at being a standout track on the album. It also features a short rap section, which gives the track some edge and keeps the listener engaged. "Keep it Cool" shines with minimal backup,

having only piano and vocals, and creates variety on the otherwise upbeat album.

Part of the intrigue of *Hey Hey* is the constantly evolving style from track-to-track. "Second to None" is creative fusion of classical and hip-hop that creates an inventive sound. "Baby It's You" is a love song with a vintage feel reminiscent of the 1950's. The shifting beats and melodic creations keep a layered feel to the album and ensures it never steps into cookie-cutter pop. Overall the album is a hidden gem in the increasingly bland pop industry, and presents an original sound.

Thrive at the BLOOM Yoga Festival

Yoga festival encourages healthy life choices and creating connections to oneself

EVENT PREVIEW

BLOOM Yoga Festival

WHEN > Thursday, Oct. 2 Sunday, Oct. 5

WHERE > Northlands Expo Center.

HOW MUCH > \$25 Opening Gala (Saturday); \$75 All Access Pass (Sunday); \$30 single yoga classes; more options at itstimetobloom.com/tickets/

Sophie Pinkoski

GATEWAY WRITER

For Robindra Mohar and Myrah Penaloza, yoga's all about going beyond surviving and truly thriving in your own life. For the past two years, Mohar and Penaloza have run with this theme as the founders of the BLOOM Yoga Festival.

BLOOM, a four-day festival split between several events in the city, brings together a supportive community of like-minded people who can help make these ideals a reality.

"We're all about thriving," Mohar explains. "Your health is a big part of thriving. Having good relationships is a good part of thriving."

Both seasoned yogis with more than a decade of practicing and teaching yoga under their belts, Mohar and Penaloza sought out enlightening yoga experiences throughout their world travels over the years. Touching back down in Edmonton, they asked themselves why they couldn't find a yoga festival

here, and what was stopping them from filling that hole themselves.

What resulted from their worldly escapades was BLOOM, a life-design festival dedicated to the perfect harmony of yoga, motivational talks and live music. For those interested in simply dipping their toes in the yogic waters, the festival will host flower crown building workshops at West Edmonton Mall's Anthropologie on Thursday and Friday. Friday's Opening Gala at the Muttart Conservatory kicks off the yoga marathon with a party, while Saturday will be a day of workshops at the Alfred Savage Centre. Sunday will offer a plethora of festival experiences for any level of yogi, all within the Northlands Expo Centre.

"With yoga, you get so clear. It makes space for all the magical things to happen. You have to do your part, and then the universe will do its part. You don't have to do it all."

ROBINDRA MOHAR
FOUNDER, BLOOM YOGA FESTIVAL

This year's music lineup promises an eclectic mix of genres. With DJ Drez, Beastie Boys-meets-conscientious music, Sheela Bringi's heavenly soul-hip hop-world-instrumental combo, and Peter Jack Rainbird's

Radiohead inspired sound, the festival is bringing a little bit of everything.

The BLOOM experience strives to offer something for everyone, whether it's the hardcore yogi, or the curious layman. In order to accommodate all skill levels, the weekend's yoga classes are split between advanced (Saturday) and beginner (Sunday).

"Sunday is designed for everyone, (and is) appropriate for everyone. We are all accountable for each other in some way," Penaloza assures.

For Penaloza, the yoga experience itself is not solely a physical one — it's an emotional and spiritual journey.

"You're really looking for freedom," Penaloza explains. "It's all about stretching beyond your comfort and entering into that space of vulnerability. It's about reconnecting with your mind and your body, and releasing all the stress and exhaustion weighing you down."

Mohar sees yoga as a quiet, introspective practice that aims to remind even the most high-strung of people that they can't and don't have to do absolutely everything in order to achieve their goals. He said he hopes that BLOOM will help more people to get into this mindset.

"With yoga, you get so clear. It makes space for all the magical things to happen. You have to do your part and then the universe will do its part. You don't have to do it all."



SUPPLIED



SUPPLIED



SUPPLIED



S.P.P., FD

Oktoberfest celebrates YEG beer

EVENT PREVIEW

Edmonton Oktoberfest

WHEN Friday, Oct. 3 at 4 p.m. Saturday, Oct. 4 at 2 p.m.

WHERE > Edmonton Expo Centre (7300 116 Ave)

HOW MUCH > \$19 per day or \$30 for weekend pass at edmontonoktoberfest.com and Brewsters locations.

Parker Ali

GATEWAY WRITER

Oktoberfest is an ocean too far away for many Edmontonian beer lovers. This year, though, Alberta Beer Festivals is providing a local alternative for those who can't quite hop the pond to Munich.

After a successful run in Calgary last year, an Alberta-centric take on Oktoberfest will be coming to the Edmonton Expo Centre. Festival goers will be able to sample beer from breweries all across Alberta, as well as participants from outside the province. Local restaurants will also be showing off their food to create a more authentic Oktoberfest experience.

"It's not so necessarily a German celebration to celebrate Germany. Although we are paying our respects to the heritage of Oktoberfest, it's more of a showcase for local breweries and local restaurants," says Alberta Beer Festivals owner, and U of A alumnus, Mark Kondrat.

In its second year, the festival is giving a local flavour to the German festival originating in 1810. Some of the Alberta breweries participating include Big Rock Brewery, Toolshed Brewing and Edmonton's own Alley Kat and

Yellowhead Breweries. Focusing on the sampling of a wide palette of beer, Oktoberfest Edmonton will also pay homage to its country of inspiration. With a performance by the authentic German Night Band, the German atmosphere will permeate the event.

The two-day festival is the brainchild of the same company behind Calgary's International Beerfest and Edmonton's Craft Beer Festival and is taking place in response to high demand from breweries. Being primarily a sampling event, the festival leans away from the Bavarian image of half-litre steins, to the tasting of a wider array of beers. Alberta Beer Festivals only allowed 30 breweries into this year's event, trying to recreate the atmosphere of Edmonton's preference of cozy pubs over large, sprawling beer halls.

"We found that through what we do, sampling events seem to be a model that people enjoy a little bit more," Kondrat says. "So that's how we're doing it."

"There's almost a sort of underground feel to the beer culture in Edmonton, which is really cool."

MARK KONDRAT
OWNER, ALBERTA BEER FESTIVALS

As well as the tasting of seasonal offerings, festival goers will be able to enjoy a cask stage, featuring three different casks, wooden barrels of beer brewed especially for the event from three different breweries each night.

"The brewer will get on stage

and describe their cask, what their motivation, their inspiration was for it, and they'll tap their cask. Then the Edmonton Beer Geeks Anonymous group will be helping to share the cask," says Kondrat.

As a celebration of local, the public will also have a chance to meet some of the creative minds behind their favourite breweries, Kondrat adds.

"More often than not it's the people behind the breweries who are pouring the beer."

Kondrat said he admires the Edmonton beer scene for its tendency towards smaller, more personal venues and bars. It differs from other cities, like Calgary, whose beer scene Kondrat notices to be in favour of larger beer halls. He notes that Edmonton's beer scene is more personal and intimate than others he has experienced.

"There's almost a sort of underground feel to the beer culture in Edmonton, which is really cool."



S.P.P., FD

Haunted house prepares to scare

EVENT PREVIEW

Deadmonton Haunted House

WHEN > Friday, Oct. 3 – Saturday, Nov. 1
WHERE > 10505 106 St NW
HOW MUCH > \$10 in advance, \$15 at door, \$20 Oct. 30 – 31

Danielle Carlson
GATEWAY WRITER

The Williams family secluded themselves from the outside world after a flood and severe winter destroyed their family farm. Rumour has it that any one who steps onto their property will never be seen or heard from again.

The first annual Deadmonton House is inviting Halloween enthusiasts in want of something new to fuel their nightmares into the Williams' hallowed abode.

Ryan Kozar, coordinator of the haunt, was inspired after coming across a Vancouver haunted house on the web.

"He had a lot of videos and pictures to look at, so I kind of started watching his website, watching the videos, and I kind of just got hooked," he reflects.

"Every night there'd be tons and tons of volunteers (and) people outside waiting to get in, and it kind of showed everyone was having a great time. So much fun. Everyone leaving the haunt was leaving screaming, laughing, crying. I just thought 'this is amazing.'"

He started work on the house in June in hopes to fill a void in local Halloween events that didn't revolve around drinking.

"Edmonton has nothing like this, and there's really not much to do for adults on Halloween. Not everyone just likes to go to a bar and dress up in a costume," he says.

Kozar has invested months of research and preparations have gone into the haunted house. He's been working to find the perfect eerie pieces, from custom-made trees to a period-piece TV that plays eerie static.

He created the haunt entirely with money he's raised and saved.

"I'm actually not doing this to make

a lot of money," Kozar notes. "I have a passion for this. And I hope that comes through in the detail of everything. The time I've spent on this is unreal."

If Tim Burton were to produce a horror film, it would no doubt resemble some of Deadmonton's thrilling sets. So far, the house is meeting his spooky expectations: antique furnishings, high-quality materials, and even some famous film props are used to give people chills, and volunteers bring their visitors into the scene as they chase them through the rooms. But of course, nothing too specific can be said about what's in store for visitors without giving any surprises.

"When you walk in to the living room scene, it looks like a living room. It's not just some cheap props — it's all real," Kozar describes.

Kozar wants Deadmonton to form a community base as well as terrify, so it will donate half of its profit to the Burn Treatment Society.

Kozar notes that it's important to the house, as he wants Deadmonton to be as charitable as it is terrifying.

"I want to build that community feeling."



CHRISTINA VARVIS



KEVIN SCHENK



KEVIN SCHENK



WHAT'S ON AT UALBERTA?



Violinissimo

Saint-Saëns, Debussy, and MacDowell.
Faculty Guillaume Tardif (violin) and
Roger Admiral (piano).
Convocation Hall

Oct 4
8 p.m.



MFA graduation shows

The Presence of Absence
Agnieszka Koziaz, Sculpture

Everything Now Forever
Nora Myers, Painting

FAB Gallery

Until Oct 25



Prism

A vibrant spectrum of student ensembles,
choirs and bands, faculty strings,
pianists and vocalists.

Oct 23
8 p.m.

Winspear Centre

**UNIVERSITY OF ALBERTA**
FACULTY OF ARTS

uab.ca/shows



LOVE THY NEIGHBOUR

EMAIL: contests@gateway.ualberta.ca

FOR A CHANCE TO WIN TICKETS!



BILL MURRAY MELISSA MCCARTHY NAOMI WATTS

ST. VINCENT

COMING SOON

Sports

Sports Editor
Cameron Lewis

Phone
780.492.6652

Email
sports@gateway.ualberta.ca

Twitter
@cooom

Volunteer
Sports meetings are every Wednesday at 5pm

Pandas and Bears set to take on Pronghorns this weekend

HOCKEY ROUNDUP

Cameron Lewis
SPORTS EDITOR • @COOOM

The Pandas' hockey team will open up their season this weekend with their eyes set on redemption after a disappointing early exit from the playoffs last year as they head down to Lethbridge to take on the Pronghorns.

Last year, the Pandas were knocked out of the semi-finals of the Canada West playoffs by the Regina Rams, a team they were heavily favored to beat. Despite the fact the Pandas finished at the top of Canada West with a 20-5-3 record, they were unable to get past the Rams, who eventually went on to lose in the Canada West

finals to the Saskatchewan Huskies.

The playoff heartbreak is something head coach Howie Draper hopes will make the team stronger as a whole.

"My expectation is that we aren't satisfied with how we finished off last year," Draper said. "With every loss you learn a little bit and you grow a little bit, this year we came back a little bit stronger and a little bit more prepared."

The Pandas will head into the season with momentum pulling them in the right direction, as they went undefeated in preseason action, putting together a 4-0-2 record.

Although the Pandas put up a strong showing in the preseason, Draper knows there's still work to be done.

"I think (the preseason) has gone okay," he said. "We've played very well at times and sometimes we look like the team we need to be to be successful this year, but the big thing heading into the start of the year is consistency."

"We've been up and down a little bit, we've got to develop some consistency but I think we've got a really good group this year."

Playing Lethbridge, who was the second worst team in Canada West last year, should be a good way for the Pandas to kick off the season. The Pandas owned the Pronghorns last season, winning all four of their games by a combined score of 16-5.

The Golden Bears hockey team will also be taking on the Pronghorns this weekend, as the team is

set to play its home opener at Clare Drake arena.

The Bears kicked off their season last weekend by splitting two road games with the University of British Columbia Thunderbirds. The Bears took the first game on Friday night 3-2, but dropped the rematch 5-2 on Saturday, a start to the season head coach Ian Herbers wasn't impressed with.

I thought we played one good period (last weekend) and we came away with a split," Herbers said. "We went in and wanted an easy game and there's no easy games in this league."

"Maybe it's a little bit of a national hang over, maybe players are worried about getting points for the (International University Sports

Federation) games and getting selected for that."

Just like the Pandas, the Bears dominated the Pronghorns last season, who finished at the bottom of the Canada West standings with only four wins. The Bears beat Lethbridge in each of their four meetings last year, winning by a combined score of 38-5, including two games where they won 13-0 and 11-1.

Although the Bears had their way with the Pronghorns last season, Herbers doesn't want his team to take them lightly.

"Anybody can come up and bite you and take points away from you," he said. "We left it up for chance (last weekend) and when you leave things up to chance, that's what happens."



DEFENDING CHAMPS The Bears will play their home opener this weekend against Lethbridge

RANDY SAVOIE



DROP THE PUCK The Pandas will hit the road this weekend to open their season in Lethbridge

RANDY SAVOIE

Athletes of the Week

Bears

Forward Jordan Hickmott - HOCKEY

Bears forward Jordan Hickmott picked up two goals and an assist this weekend against the Thunderbirds. Hickmott's play was critical to the Bears' first win of the season on opening night, as he put up two goals in a 3-2 win. Hickmott followed his two-goal performance up the next night with an assist in a 5-2 loss, giving him three points on the weekend. With many of the team's top forwards graduating, players like Jordan Hickmott will be expected to step up if the Bears want to contend for a CIS championship repeat. - Julia Long

Pandas

Fullback Alanna Fittes - RUGBY

Pandas Rugby full back Alanna Fittes scored two tries last weekend, helping her team to a 34-5 victory over the University of Victoria Vikes on Friday. Fittes scored in the first minute of play and then again later on in the first half to single-handedly give her team a 10-0 lead. On Sunday, Fittes helped the Pandas to a 31-7 win over UBC with another try and a conversion. With the wins last weekend, the Pandas are now 3-0 on the season and look like the team to beat in Canada West. Strong play from Fittes is critical to the Pandas' aspirations of repeating as Canada West and CIS champions. - Julia Long



RANDY SAVOIE



JOEL MALINA

Varsity sports roundup

pandas rugby



34 - 5





31 - 7



Pandas rugby found themselves on top in convincing fashion this past weekend in B.C. The Pandas won by a score of 34-5 in their first matchup against the University of Victoria Vikes on Saturday, then following it up with a 31-7 win over the UBC Thunderbirds. With a strong overall team contribution, Alberta was able to hold a strong

defensive line against the Vikes and Thunderbirds, holding them to only a single try each. The Pandas find themselves at the top of the Canada West standings with a 3-0 record with these wins over Victoria and UBC. Their final game of the season will be against the Calgary Dinos at Edmonton's Ellerslie rugby park on Oct. 5. — Omar Salifou

bears football

The Bears football team went into Vancouver last weekend hot off of their first win in nearly four years, but they couldn't keep the momentum going as they lost to the UBC Thunderbirds 49-13. The Thunderbirds had a 13-6 lead at the end of the first half and then exploded for 36 points in the second half en route to victory. Bears quarterback Curtis Dell was completely shut down by the Thunderbirds' defence, as he was limited to 272 yards

with no touchdowns and two interceptions. The Bears will look to get back in the win column this Saturday as they return home to take on the Manitoba Bisons. The Bisons are 2-2 on the season after being edged out 42-41 by the Calgary Dinos last weekend. The Bears record also improved to 2-2 after they were awarded a 1-0 win for their game against Calgary on Sept. 5 as a result of the Dinos using ineligible players. — Julia Long



GOLDEN BEARS VS THUNDERBIRDS





KEVIN SCHENK



KEY MATCHUP The Bears will battle Saskatchewan for first place in the division this weekend.

KEVIN SCHENK

Bears soccer draws twice with MacEwan in Battle of Edmonton

SOCCER ROUNDUP

Cameron Lewis
SPORTS EDITOR • @CCOOM

The Golden Bears soccer team took part in the first ever Battle of Edmonton last weekend, coming out with two 1-1 draws against the MacEwan Griffins.

The Griffins have gotten off to a respectable 3-3-2 start to their inaugural year as a Canada West team and are just four points behind the Bears in the Canada West standings.

"We struggled a little bit, particularly in the attacking third (of the field)," Bears head coach Len Vickery said. "We had a good deal of possession and we limited our opposition to very few opportunities, but unfortunately we just couldn't find our way to the goal."

In the first game of the series on Saturday, the Griffins pulled ahead in the 75th minute despite being heavily outshot throughout the match. The Bears evened the game on a goal by forward Niko Saler in

the 90th minute, barely edging out a draw.

On Sunday, the Bears jumped ahead on a goal by forward Stefan Bozunovic, but the Griffins tied the game shortly after and the match ended in a 1-1 draw.

Despite the disappointing results last weekend, Vickery said his team put in a winning effort.

"They've come to know that they can't take anything for granted," he said. "We had a good level of possession throughout the games, we certainly create more chances than our opponents."

"We're just a not quite up to the level of finishing on the chances that we create and we need to gain a little bit more fire around the opponent's net."

The draws come as a little bit of a setback for the Bears, who were sitting comfortably on top of the Canada West prairie division heading into the weekend. Now the Bears are in second place in the division, one point behind the University of Saskatchewan Huskies.

The Bears will welcome

Saskatchewan to town this weekend for two games against the Huskies at Foote Field, a series that will likely determine which team finishes on top of the prairie division standings and hosts the Canada West playoffs.

"We're still right in the thick of things. We've only lost one game on the season," Vickery said. "We need to play better in all aspects of the game, do what we're doing well, but improve on those areas where we aren't doing so well."

"Hopefully we can get back some more of our more accomplished players in key positions to help those younger players who are filling in at the moment."

The Huskies are 5-0-1 so far on the season and have two games in hand against the Bears, making these two games incredibly important.

The Pandas soccer team will be hitting the road this weekend for two games against the University of Manitoba Bisons. The Pandas are coming out of their bye-week with a 3-1-2 record, good for fifth in the Canada West prairie division.



BACK IN ACTION The Pandas return to the pitch this weekend after a bye-week.

KEVIN SCHENK



OH CAPTAIN, MY CAPTAIN Bears midfielder Tim Hickson was named team captain earlier this season.

KEVIN SCHENK

Bears' new captain Hickson brings leadership from pro background

Adam Pinkoski
SPORTS STAFF • @APINKS101

In 2013, the Golden Bears Soccer team failed to qualify for CIS Nationals for the first time in four years after falling to the Fraser Valley Cascades in the first round of the Canada West playoffs, a performance that wasn't good enough for sophomore midfielder and newly appointed captain Tim Hickson.

Hickson joined the Bears last season after playing in the residency training program for the Vancouver Whitecaps of Major League Soccer. From his experience with professional soccer, Hickson brings a passion for fitness, hard work and winning at all costs.

"The Bears have had captains in the past that have all brought something new, camaraderie or togetherness," Hickson said. "But I think we need to bring back that grit and that sense of winning. Winning and nothing else."

"We are the University of Alberta, it's what we're known for."

Although he's considered himself a leader on the team since the day he joined, Hickson said the role of captain has been a nice reward for his hard work. He's always considered himself a leader, he said, and recognition is secondary to that title.

But just because his spot on the pitch is assured each week doesn't mean he can slack off. It's the leader mentality that is allowing for the defensive midfielder to push his team in a positive direction.

"I think it's important because it emulates the expressions I have on and off the field and what I do for the team in a way," he said. "The last thing you want is a leader not caring about the hard work. You don't want some prima-donna leading a team, you want somebody who is willing to work just as hard if not harder than everyone else."

"It sets the standard for all the

new players coming in so they realize right away the level of expectation of them."

While Hickson's ability to motivate his teammates and lead by example has sparked a change in the Bears this season, he also claims that knowing how strong the opposition is has been critical to the team's revitalization.

"After last season, a lot of our guys came to the realization that we weren't nearly as good as other teams, so a lot of us have used that as motivation," he said. "You can tell the players are both physically and mentally stronger, even the first-year players coming out of high school may not be physically up to par with the rest of the team are just as devoted to getting stronger and it shows."

The newly instilled mentality seems to be paying dividends for the Bears this season. With just four games to go in the season, the Bears are sitting at the top of the prairie division of Canada West with a 4-1-3 record.



TAKE ME TO YOUR LEADER Hickson brings leadership from his experience with the Vancouver Whitecaps.

KEVIN SCHENK

Tuesdays

DJ Chris Bruce

brit pop/alternative 90s/glam rock

\$3.75 20oz Big Rock Pints!



10425 Whyte Ave

**BE THE ONE TO
TELL THE
COLDEST
STORY EVER
TOLD.
WRITE ARTS.**



gateway

ARTS AND CULTURE

VOLUNTEER MEETINGS AT 3-04 SUB
AT 4PM ON WEDNESDAYS.

TOP 5

Best moments of the 2014 Toronto Blue Jays' season

- Zach Borutski**
SPORTS STAFF • @ZACHISPRETTYCOOL
- 1. Mark Buerhle reaches 200 innings:** Buerhle got off to a torrid start to the 2014 season and was on pace for the best season of his career, entering the All Star break with a 10-6 record and a 2.64 earned run average. But he hit a wall in July and August and struggled mightily, not unlike his teammates. People began to wonder whether the long season was starting to wear on him, but he bounced back in September, posting a 2.83 ERA in his final five starts. In his last start of the season against Seattle on Sept. 24, Buehrle pitched eight innings of shutout ball, helping the Jays to a 1-0 win. The performance pushed him over the 200 innings pitched barrier for the 14th consecutive season, becoming only the seventh pitcher in baseball history to do so.
- 2. July 28 — Getting back at the Red Sox:** Losing a game 14-1 is never fun, especially to a team that statistics dictate you should beat handily. But nobody seemed to tell the Red Sox, as they fed the Jays an embarrassing loss by a score of 14-1. The Jays returned the favor exactly seven days later, this time on Boston's home turf, destroying the Red Sox by the same 14-1 scoreline.
- RA Dickey pitched seven innings, allowing only one run and Melky Cabrera hammered two home runs, giving the Red Sox a taste of their own medicine.
- 3. July 26 — Snapping the losing streak at Yankee stadium:** The Bronx isn't a friendly place, and the Blue Jays know that more than anybody. The Jays lost 17 straight games over three seasons at Yankee Stadium in New York, a streak that was finally broken on July 26. After dropping the first game of the series, the Jays edged out the Yankees by a score of 6-4 thanks to a three-run home run

- by first baseman Dan Johnson in the ninth inning. The Jays even went on to win the final game of the series in New York, fueling what looked to be a late season playoff push.
- 4. August 10 — 19 inning win over the Detroit Tigers:** This whole series was tough on the nerves of Jays fans. After blowing a 4-2 lead in the series opener and winning 3-2 in 10 innings the next day, the Jays settled in for a marathon in the final game of the series that went on for 19 innings. After tying the game in the bottom of the ninth inning, the Jays and Tigers basically played another full game of baseball. The fans who stuck around for the whole seven hours were rewarded with six innings of sparkling relief from Chad Jenkins and a heroic walk off hit from Jose Bautista, who had gone 0/8 with nine runners left on base earlier in the game. If not for the top entry on the list, this probably would qualify as the most emotional win of the season for the Jays, as it was the longest game in Blue Jays history.
- 5. June 20 — Comeback win against the Cincinnati Reds:** I'm sure many fans turned this game off after Cincinnati's eight run second inning. I know I did. The Jays slowly clawed their way back into the game and by the eighth inning, they were only down 9-8. After tying the game in the eighth, the Jays exploded in the ninth, scoring five runs off of the Reds' fireball throwing closer, Aroldis Chapman. The Jays piled on hit after hit, giving themselves an 11-9 lead, knocking Chapman out of the game. The exclamation point came when Edwin Encarnacion blasted a three run home run to left field, giving the Jays a 14-9 lead, making the 8-0 lead that the Reds had a distant memory. The comeback was the biggest ever for the team and will go down as one of the most memorable moments in Blue Jays history.

This week in sports history

Cameron Lewis
SPORTS EDITOR • @COCO0M

- Oct. 1, 1903:** The Pittsburgh Pirates and the Boston Americans, now known as the Boston Red Sox, duked it out in the first ever World Series 111 years ago. Unlike the World Series now, this series was played in a best-of-nine format, with the Americans winning five games to three. The Pirates took the first game of the series on Oct. 1, 1903, which was the first ever World Series game played, by a score of 7-3. The most amazing part of the Pirates' win, is that they managed to beat Cy Young, the greatest pitcher of all time.
- Oct. 3, 1977:** Edson Arantes do

Nascimeto, better known as Pele, retired from professional soccer, putting an end to one of the greatest careers in soccer history. Pele finished his career with an astonishing 1,281 goals in 1,363 games in both club and international soccer and three World Cup victories.

Oct. 2, 1980: Larry Holmes TKOs Muhammad Ali. Larry Holmes defeats Muhammad Ali in 10 rounds, stripping him of his title as heavyweight boxing champion. The loss marked the beginning of the end of Ali's incredible boxing career, as he only fought one more time and never held the title of world heavyweight champion again. Ali finished his career with a 56-5 all-time record.



SUPPLIED

SPORTS MEETINGS ARE LIKE PIZZA. REALLY GOOD.

gatewaySPORTS
VOLUNTEER MEETINGS AT 3-04 SUB
AT 5PM ON WEDNESDAYS.

WANT TO GET INVOLVED BUT SICK OF WRITING ESSAYS?

VOLUNTEER WITH GATEWAY MULTIMEDIA AND MAKE MOVIES INSTEAD!

gatewayMULTIMEDIA
VOLUNTEER MEETINGS AT 3-04 SUB AT 2PM ON WEDNESDAYS.

The Gateway's Fantasy Hockey Guide

Cameron Lewis
SPORTS EDITOR • @COOOM

This guide is designed to give the user an advantage over other GMs in either a roto or head to head fantasy hockey leagues. Rather than putting together a list of the best players in the NHL or players who will score the most points, we put together the most valuable players who can put up strong numbers in a variety of different categories. The best strategy going into an NHL fantasy draft is selecting players from good teams. The NHL is largely a team game and players are products of their systems. Obviously star players on bad teams will put up good stats in individual categories, but players on elite teams will put up

good stats in a larger variety of categories. A mid-level player on an elite team is just as valuable as a superstar on a mediocre team because of the secondary stats they'll earn. Don't refrain from drafting a star on a bad team later in the draft, but avoid them in the first few rounds when elite players from contending teams are on the board. When you have a toss up between two players, always go with the player who plays on the better team with the better supporting cast. Now to the draft. Draft your franchise players first. This should be an elite player on an elite team who doesn't have an injury history. After selecting your franchise forward, select your franchise defenceman with

the same strategy. Use the lists of top 10s above as a guide for the first couple of rounds with the goal of selecting one defenceman and one forward. Keep picking the best player available from the two lists until they're all gone, then shift focus to goaltenders. Never be the first person in the draft to pick a goalie. Let somebody will select Jonathan Quick, Carey Price or Henrik Lundqvist in the first round. Instead, wait and pick a goalie behind a sturdy defence that'll rack up a ton of wins. Ben Bishop and Corey Crawford provide similar value to Quick and Lundqvist, but can be grabbed much later. By now, most of the household names should be off the board and you should have your core intact.

But this is where you make your money. Breakouts are the toughest to predict, but could be what separates your team from everybody else. There's always consistently solid players who play for small market teams that get passed up for flashier, more well known players. Why draft Patrick Kane in the first round, when you can get relatively similar production from Blake Wheeler or Jaromir Jagr later? Look for young players who will be playing alongside stars. For example, Brock Nelson will be getting a look alongside John Tavares and Tyler Toffoli will probably see time with Anze Kopitar. They aren't very flashy and well known, but can register exceptional secondary fantasy stats.

The key in flagging flops is looking at team situations. Alex Ovechkin will likely have a difficult time maintaining his prolific goalscoring status under new defensive minded head coach, Barry Trotz. Ovechkin is a very risky fantasy pick and should be avoided in the first round. Also avoid players on new teams and players who broke out last season. Nathan MacKinnon, Alex Steen and Ryan Johansen will be selected way too high because of their breakout seasons and won't produce well enough to warrant it. Same with Thomas Vanek and Paul Stastny. Both are fine players, but should be avoided because they'll produce less than their career averages while adapting to new systems and line-mates.

Forwards

1. **Sidney Crosby – Pittsburgh Penguins**
2. **Ryan Getzlaf – Anaheim Ducks**
3. **Steven Stamkos – Tampa Bay Lightning**
4. **Jamie Benn – Dallas Stars**
5. **Corey Perry - Anaheim Ducks**
6. **David Krejci – Boston Bruins**
7. **Evgeni Malkin – Pittsburgh Penguins**
8. **Pavel Datsyuk – Detroit Red Wings**
9. **Anze Kopitar – Los Angeles Kings**
10. **Patrice Bergeron – Boston Bruins**

Defencemen

1. **Duncan Keith – Chicago Blackhawks**
2. **Alex Pietrangelo – St. Louis Blues**
3. **Marc-Edouard Vlasic – San Jose Sharks**
4. **Shea Weber – Nashville Predators**
5. **Victor Hedman – Tampa Bay Lightning**
6. **Zdeno Chara – Boston Bruins**
7. **Doug Hamilton – Boston Bruins**
8. **Hampus Lindholm – Anaheim Ducks**
9. **Jay Bouwmeester – St. Louis Blues**
10. **Brent Seabrook – Chicago Blackhawks**

Goalies

1. **Tuukka Rask – Boston Bruins**
2. **Jonathan Quick – Los Angeles Kings**
3. **Henrik Lundqvist – New York Rangers**
4. **Carey Price – Montreal Canadiens**
5. **Ben Bishop – Tampa Bay Lightning**
6. **Pekka Rinne – Nashville Predators**
7. **Corey Crawford – Chicago Blackhawks**
8. **Kari Lehtonen – Dallas Stars**
9. **John Gibson – Anaheim Ducks**
10. **Semeyon Varlamov – Colorado Avalanche**

Busts

1. **Alex Ovechkin – Forward, Washington Capitals**
2. **Daniel Sedin – Forward, Vancouver Canucks**
3. **Henrik Sedin – Forward, Vancouver Canucks**
4. **Paul Stastny – Forward, St. Louis Blues**
5. **Thomas Vanek – Forward, Minnesota Wild**
6. **Nathan Mackinnon – Forward, Colorado Avalanche**
7. **Ryan Johansen – Forward, Columbus Blue Jackets**
8. **PK Subban – Defenceman, Montreal Canadiens**
9. **Alex Steen – Forward, St. Louis**
10. **Erik Johnson – Defenceman, Colorado Avalanche**

Sleepers

1. **Ondrej Palat – Forward, Tampa Bay Lightning**
2. **Jaromir Jagr – Forward, New Jersey Devils**
3. **Brock Nelson – Forward, New York Islanders**
4. **Fransios Beaucheman – Defenceman, Anaheim Ducks**
5. **Boone Jenner – Forward, Columbus Blue Jackets**
6. **Blake Wheeler – Forward, Winnipeg Jets**
7. **Nino Niederreiter – Forward, Minnesota Wild**
8. **Tyler Toffoli – Forward, Los Angeles Kings**
9. **Alec Martinez – Defenceman, Los Angeles**
10. **Ben Lovejoy – Defenseeman, Anaheim Ducks**



Diversions

Design & Production Editor
Jessica Hong

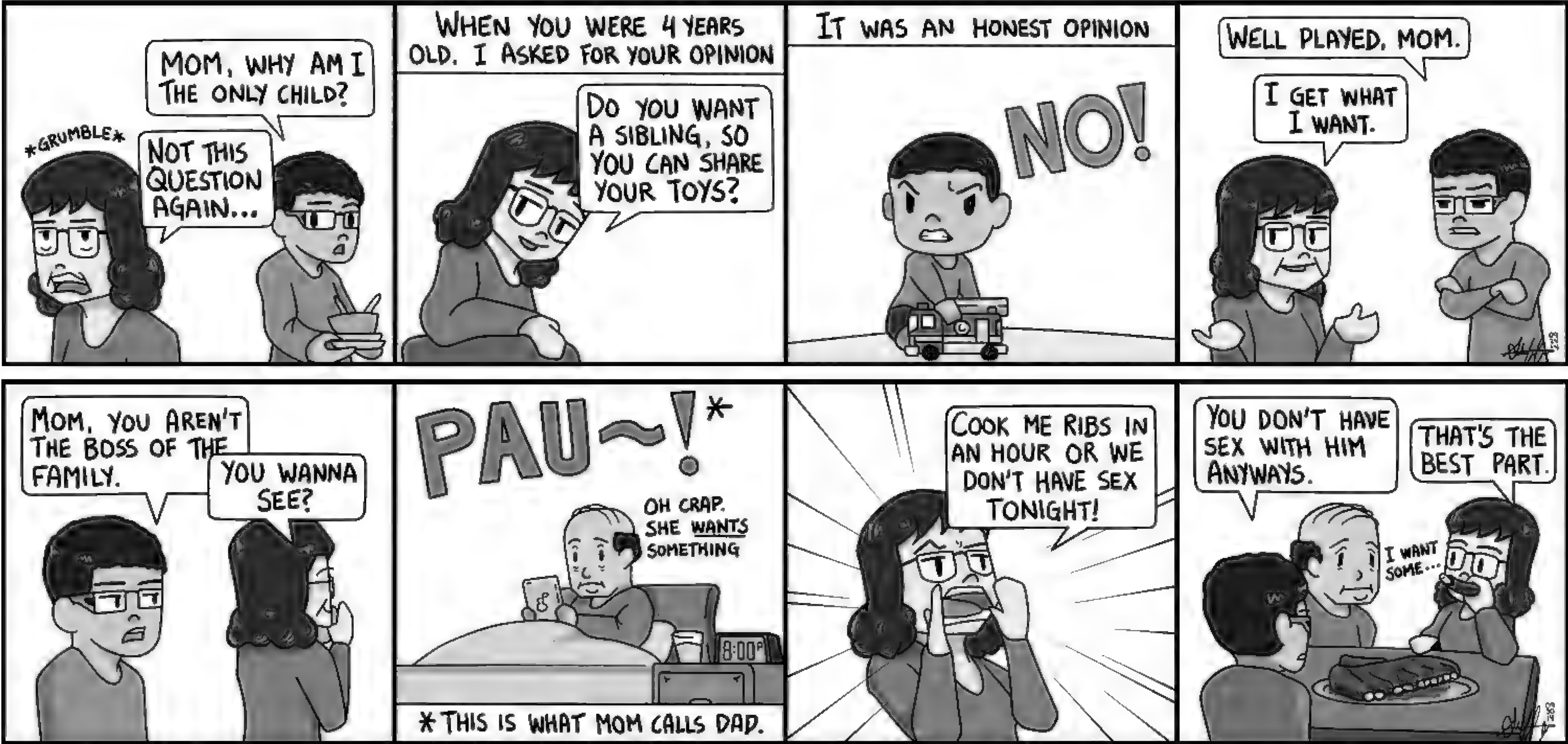
Phone
780.492.6663

Email
production@gateway.ualberta.ca

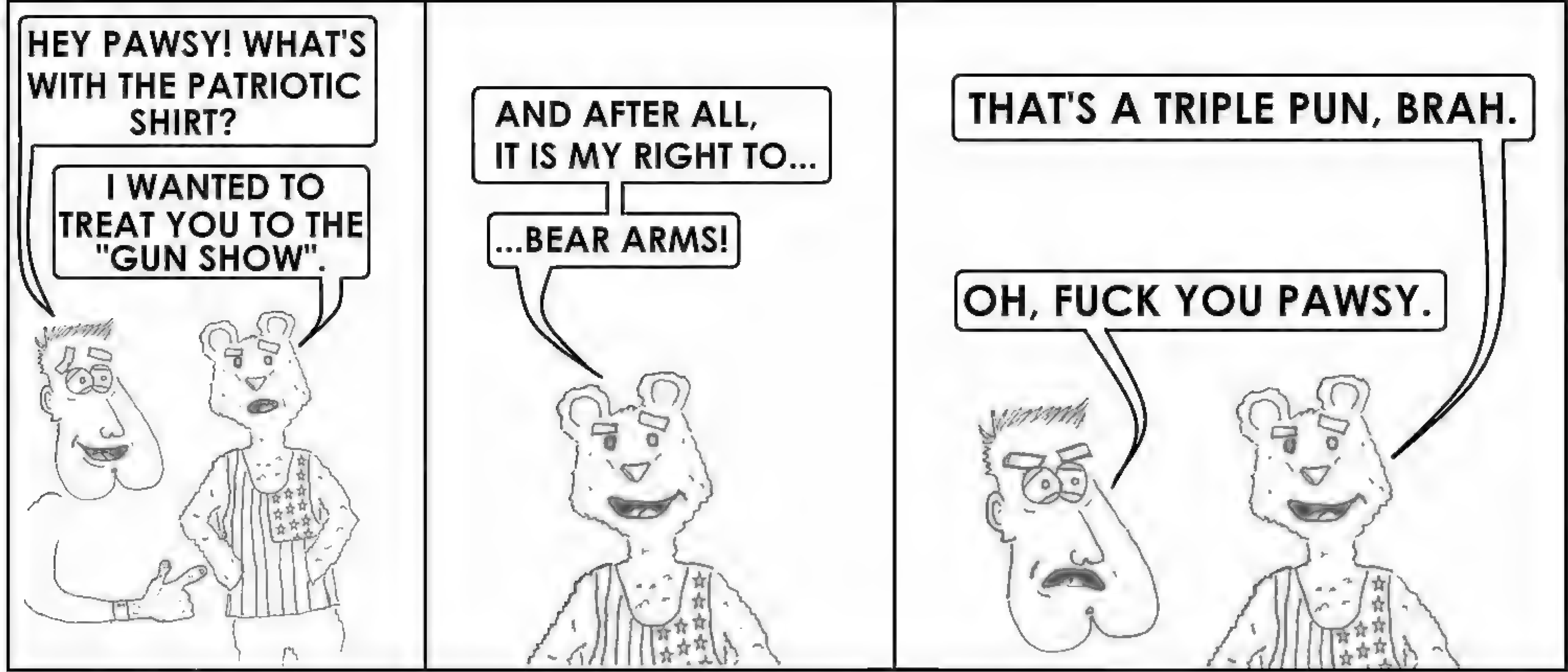
Twitter
@jesshong

Volunteer
Comic meetings are every Friday at 1pm!

MODERN ASIAN FAMILY BY STEFANO JUN



UNBEARABLE BY CHRIS BORGER AND MICHAEL "SWINE-FLU" RAY



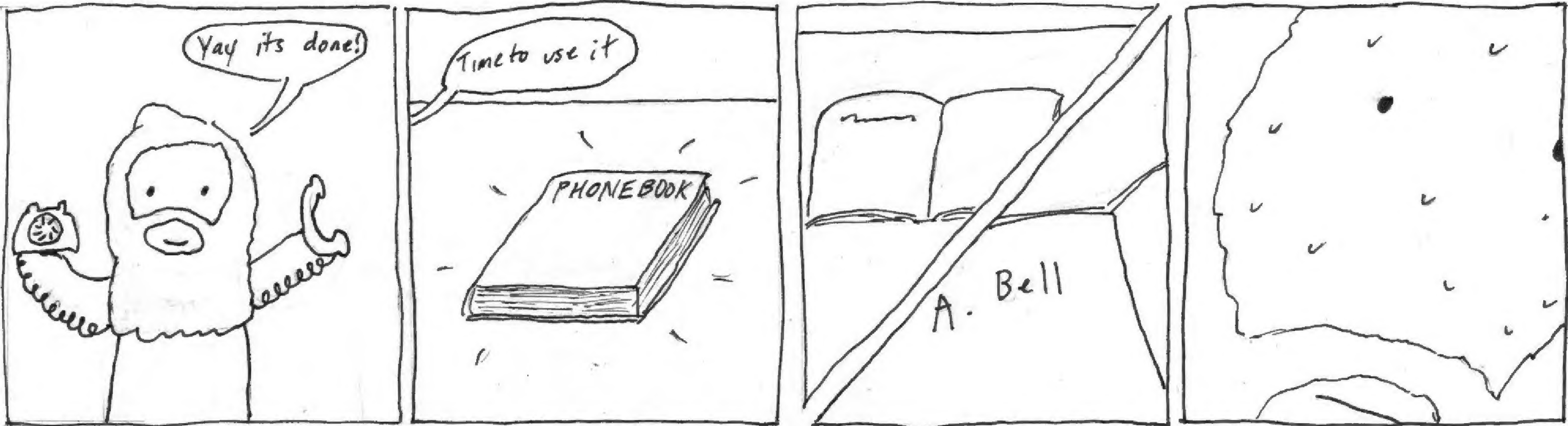
DESKTOP INK BY DEREK SHULTZ



FIRST KISS BY NIKHIL SHAH



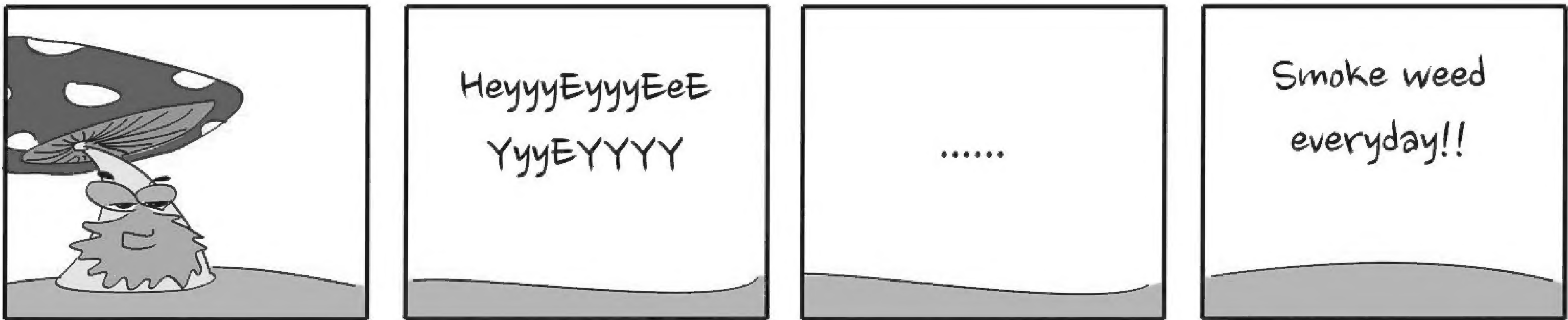
MEDIOCRE AT BEST BY JIMMY NGUYEN



VEGETARIANS BY LULU WANG



BOOMER'S WISE WORDS BY NIKHIL SHAH



SPACE CAT BY NIL LASQUETY



UNFOUND BY CORINNE RIEDEL

our precious waves
swollen on resilient seas
whispers unwavering, unwavering, unrelenting
and the whistles
they pound a salted,iced front

two heels turn for
this two keel yearn
in search
for sweet ships sunken
standing tall,true
circling sails
and sucking my teeth
bent over the edge
her lips smacked
over ocean bed lies
thirteen deep decades

fleshmeal for feasting
faces for fisting
forgotten
she too needs rescue
from your thumb
where you needed her to be

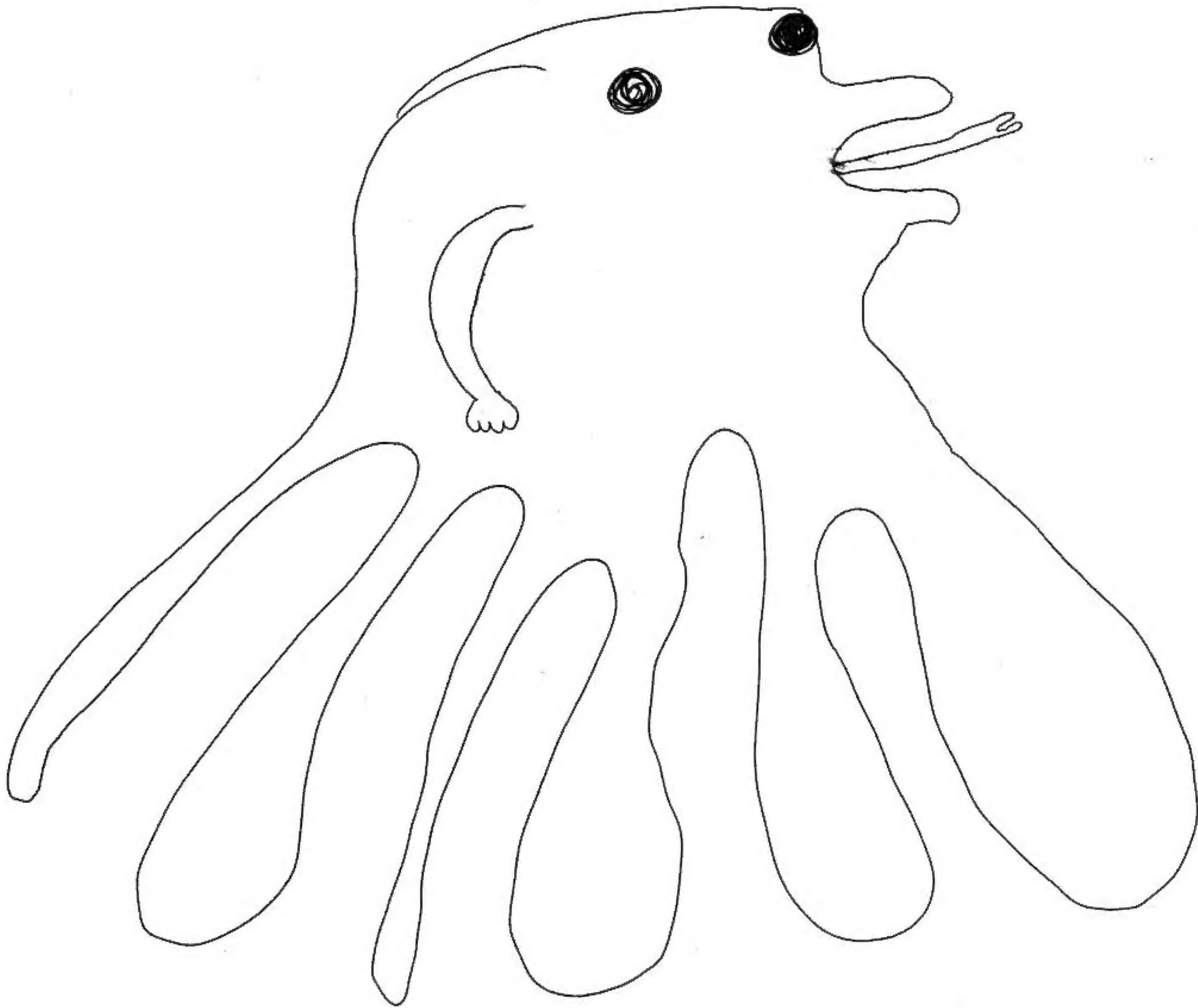
fleshmeal for feasting
tonguing broken teeth
salted, dried, meat and marrow
she hangs and twists
on birch tree twigs
ruby red rich
turning and flapping
all dressed in desire
our precious waves
swollen on resilient seas
whispers unwavering, unwavering, unrelenting
and the whistles
and the whistles

KIMYE BY NOT KIM KARDASHIAN

DEFINITIVE RANKING OF
CRAZY THINGS WE CARE
ABOUT BUT NOT REALLY.

1. KIMYE
2. KIMYE'S BABY
3. KIMYE'S WEDDING
4. HOW "KIMYE"
SOUNDS LIKE
"KIMCHI"

REMEDIAL DRAWING BY CAM LEWIS



Photoshop of the Week

BY CAM LEWIS

JON BY CAM LEWIS



FRIDAY, OCTOBER 3

BASIC
B*TCH
Party

You LITERALLY CAN'T
EVEN miss this party!!!

PSL

PSL SHOOTERS
& MOONSHINE

Plus:
FREE STARBUCKS PSL
GIFT CARDS TO THE FIRST
100 BASIC B*TCHES! OMG!

DOORS @ 9 PM

Top bun

Lulus

Uggs

DRESS IN
YOUR BASIC
BEST:

FOR GUEST LIST OR PARTY BOOKINGS: theranchroadhouse.com 780.438.2582

f

/theranchdмонтон

t

@ranchroadhouse

@

theranchroadhouse

6107 104 ST



TheBilliardClub

The Billiard Club

DJ ALIZE SPINNING



WHY WAIT
WEDNESDAYS

\$2.⁷⁵ PINTS

(12oz domestic pints)

35 CENT WINGS

www.thebilliardclub.com. 10505 Whyte Avenue